

performance
coaching



TEAMCORP
AUSTRALIA



performance coaching

focus your skills, maximise your performance

Overview:

Our coaching programs are aimed at helping you maximise your performance in and out of the office. By uncovering some high performance behaviours, we will develop routines and strategies that will help you perform at your best in any area you choose whether that is leadership, productivity or work/life balance.

Every elite performer has a mentor or Coach to help keep them accountable for continuous development and to maximise their potential - corporate performance should be no different.

The Program:

Eight coaching sessions over a 12 month period, focussed on developing consistent strategies to improve weaknesses, while maximising your strengths. Your Coach helps you develop routines and strategies to greatly improve your performance, and keeps you accountable for following through.

We can also use a number of tools to benchmark your current performance and track your progress and provide unlimited phone consultation outside of formal one-on-ones.

Coaching For Leaders:

- Improved engagement and performance
- Improved productivity through a greater focus of activity
- Better work/life balance
- Strategies for improved leadership
- Engaging and empowering your people

Investment - \$1125 + GST per quarter

Coaching For Everyone:

- Improved engagement and performance
- Improved productivity through a greater focus of activity
- Better work/life balance
- Avoiding burnout and maximising potential

Investment - \$1125 + GST per quarter

Take the next step – Executive Athlete (new)

No more excuses. Get everything on track: leadership, health and fitness, engagement, stress management, work-life balance. We mix performance coaching, feedback assessment, personal training and dieticians to give the ultimate coaching program that focuses on improving each performance area. Click here to see our Executive Athlete program to get an idea

Investment - \$1700 + GST per quarter.

Includes all coaching, personal training, diet consulting, assessments

Tony Wilson has spent over a decade working with elite performers in business and in sport – some of whom have gone on to become the best in the world in their field. His ability to help athletes reach their potential and maintain motivation has been a large factor in their success, and many corporate leaders throughout Australia now also apply Tony's philosophies with outstanding results. Tony's practical background, coupled with an MBA, give him a unique perspective on personal performance.

“ Tony has been our Performance Coach for seven years. He has been an integral part of our success during this period through his willingness to be involved in the development of our team dynamics and has become a great sounding board for me as a captain. Quite simply, he has taken the Qld Bulls to a new level.... ”

- Jimmy Maher, former Qld Bulls Captain



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