




PERSONAL PERFORMANCE & DEVELOPMENT COACHING


Brian Johnston May 2010



What is Personal Performance & Development Coaching?

- Goal oriented process which helps you set, realistic, achievable goals
- A dynamic, practical action based activity
- Identifies your internal & external resources

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Things you may bring to your coach:

- Life/Study/Work Balance Difficulties:
- Spinning too many plates?
- Distracting yourself? – too much time on social websites?
- Procrastinating?- putting off all the things you need to be doing?

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What does it involve?

- Weekly or fortnightly sessions (average 4-6 in total)
- Goal setting
- Exploration of all your options
- Agree an Action Plan – tasks, “homework”
- Commitment to Agreed Action Plan

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Location and Contact Details:

- 533 Castle Street (North)
- Mondays to Fridays
- 9.30am - 4.30pm*
- Cost: \$6.50 (\$55 International Students)
- Enquiries direct to Brian Johnston
- Email: brian.johnston@otago.ac.nz

* Small Group evening sessions may be available

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