

UNLEASH

INDIVIDUAL
COACHING



33 Talent is your integrated HR partner providing bespoke talent consultancy and HR services into digital, data and communications across APAC and the rest of the world.



HIRE

Recruitment
Services



ENGAGE

HR Consultancy



UNLEASH

Coaching

A HOLISTIC METHODOLOGY

33 Talent brings life cycle thinking to Career and Talent Management.

We provide a holistic approach into finding, hiring and developing the right talent, for the right job, with the right purpose.

From providing classic recruitment services, to career coaching and workshops, 33 Talent takes HR Services to the next level.

Our mission is to empower people to thrive.





UNLEASH



Coaching

INVESTING IN YOUR PEOPLE

Wrapped around every aspect of a business, is Talent. Developing the product, delivering the service, delighting the customers: it's all about Talent.


In your own career, staying talented, developing future-proof skills and rolling with the changes has never been more important.

33 Talent is a Talent Consultancy. Our Coaching Practice works with individuals or organisations to unleash their potential, fuelling them to reach higher and enjoy the journey along the way.





**WE BELIEVE INVESTING IN GOOD PEOPLE IS THE
MOST IMPORTANT MOVE A BUSINESS CAN MAKE -
AND INVESTING IN YOURSELF IS PART OF THE
SAME PHILOSOPHY.**




WHAT IS COACHING USED FOR?

Coaching is ideal for individuals who are at a change moment in their life or work. **Common areas people work on include re-setting big career goals, changing jobs and creating opportunity, achieving better work/life balance, gunning for a promotion and performing at your best, as well as many others.**

Like a pro-athlete who hires a coach, or someone out of shape who hires a personal trainer, we all seek help to get the results we need from time to time!

Business and Performance Coaching is an excellent way to take part in bespoke development to reach your life's most important goals.






Google recently defined its top 10 Manager Behaviours. Extensive research revealed the No 1 behaviour:

“Is a Good Coach”



HOW DOES COACHING COMPARE?





“From time to time executives and managers at all levels face challenging issues with their peers or leaders. It’s wise to sometimes hesitate and seek advice on the right course of action. Nicola is a great sounding board for just those occasions. She’s astute and to the point.”

Tom Bains | CEO, EPUK Investments | United Kingdom



COACHING PANEL

Our coaching panelists are all ICF certified, the gold standard in international coaching. The ICF is the leading professional and credentialing body for Coaches worldwide, with more than 30,000 members in 140 countries.



KATHRYN WOOF

Managing Director &
Professional Coach,
33 Talent



CAT MUSPRATT

Head of Coaching,
33 Talent




NICOLA PAYNE

Founder &
Professional Coach,
People Savvy



NEW COACH

Title



“After twelve years running a financially successful business, I still felt like neither my business nor I were achieving our full potential, and I couldn’t put my finger on why.

I finally decided to get a coach. I’m so glad I did and I’m so glad I chose Cat. After just a few sessions, I had a much clearer vision of what I wanted to achieve and how to get there. Critically, Cat helped me to become a more authentic leader.

As a result, I now have a happier and more motivated team and I feel much more confident and fulfilled at the helm”

Freya Giles | Owner, The Giles Agency | Hong Kong



WHAT AREAS COULD WE COVER?

- Goal Setting
- Building Self Awareness Tackling Challenges that Arise
- Breaking Bad Habits, Forming Good Habits
- Shifting Mindsets
- Opening Opportunities Accomplishing Wins
- Amplify Learnings
- Measuring Change/Results



COACHING PACKGES

		Kathryn	Cat	Nicola
EXPLORE	Monthly package. Best for someone who wants to improve an area of their life/work but isn't sure how long they want the coaching journey to last. 2 sessions per month.	\$900/ month	\$1200/ month	\$1600/ month
THRIVE	3 months package. Best for someone who is addressing change and wants to achieve a specific outcome at the end of 3 months. 7 sessions over 3 months. 5% discount.	\$2990/ 3 months	\$3990/ 3 months	\$5320/ 3 months
NURTURE	6 months package. Best for someone who wants to continue the coaching journey by hiding more than one project goal. Continuous growth and development. 12 sessions over 6 months. 10% discount.	\$4860/ 6 months	\$6480/ 6 months	\$8640/ 6 months

Thank You

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