



# PROFESSIONAL COACHING

33 TALENT



# **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.**

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.





# 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”**

Source (& find out what the other 9 behaviours are)



# HOW DOES COACHING COMPARE?



source: Erickson Coaching International

# COACHING PANEL

Our coaching panelists are all ICF trained, 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

Find out more on [LinkedIn](#)

## CAT MUSPRATT

Founder & Professional Coach, Cat Muspratt

Find out more on [LinkedIn](#)

## NICOLA PAYNE

Founder & Professional Coach, People Savvy

Find out more on [LinkedIn](#)





**“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



**"Being coached and mentored by Cat was the boost I needed as I was approaching my 7th year of work in the firm. She is a dedicated coach and shows a genuine interest in my progress and development. I have gained new perspectives as a result and have also learned how I can be a better leader to others at work. I would highly recommend Cat to any organisation or individual in need of a coach"**

Yasmin Ramle  
Client Director, Edelman Singapore



# 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 PACKAGES

		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 hitting 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

\*Prices are in SGD and exclude GST, other T&Cs apply



# CONTACT US

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