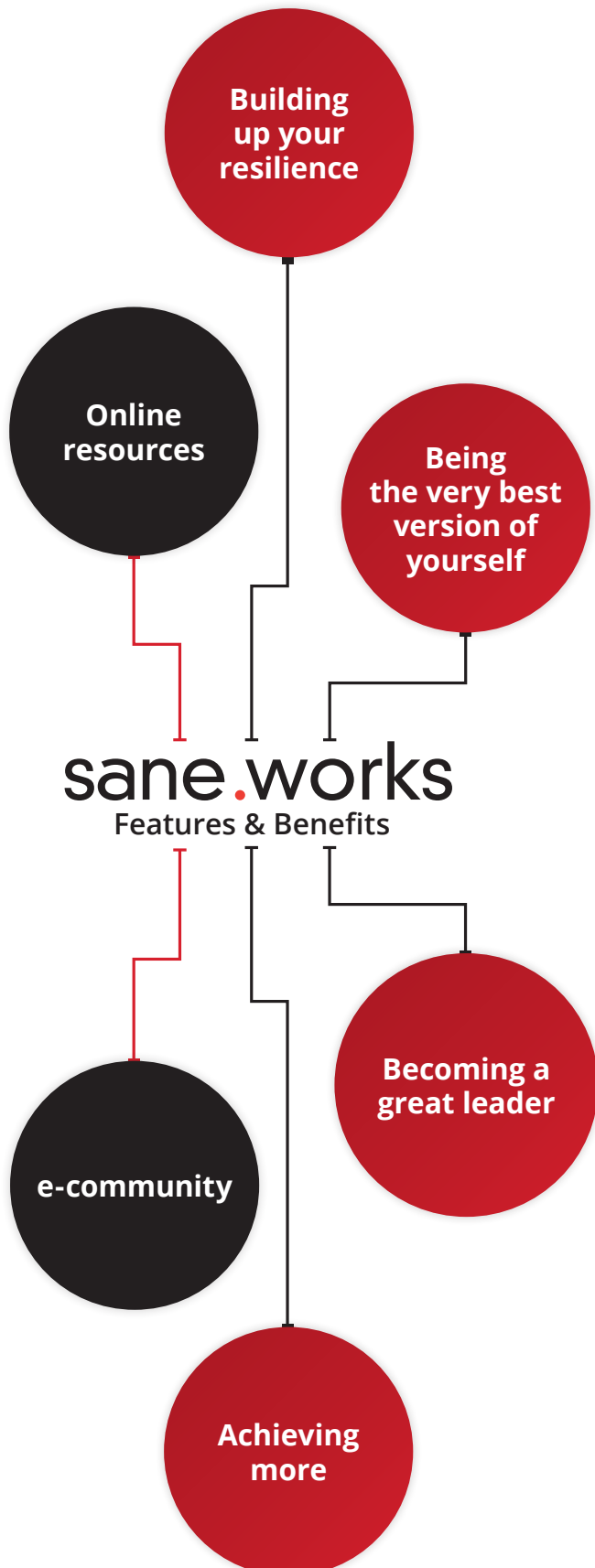


Coaching For Sanity, Success & Satisfaction At Work

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Approach

1. Self



- » Discovering who you are
- » Exploring your life story
- » Understanding your personality
- » Developing your values
- » Defining your beliefs
- » Recognising your strengths
- » Exploring your thinking style

2. Pressure



- » Avoiding autopilot living
- » Exploring your motivation
- » Responding positively to pressure
- » Managing overdone strengths
- » Taming your demons
- » Developing flexible rules for living

3. Relationships



- » Understanding your needs
- » Relating to different styles
- » Understanding threats
- » Achieving better contact
- » Working well in a group
- » Managing upwards and downwards
- » Repairing broken relationships

4. Mood



- » Understanding how your brain works
- » Working with emotions
- » Staying flexible and adaptive
- » Managing your mood
- » Knowing how to switch off
- » Achieving happiness and balance