

Empowerment Coaching

Supporting Leaders to Thrive



Are you satisfied with your current career path?

Do you feel you need support to reach your goals?



Are you struggling to manage multiple demands?



We all need a hand at some point in our life, whether it's a moment to pause and self-reflect, go on a course, read a self-help book or watch an online talk. If you are a leader who is focussed on achieving their goals in work and/or life, having a coach in your corner as a sounding board, enabler, supportive space and listening ear is a powerful tool.

At PeopleSmart we focus on Empowerment Coaching, this is a one-on-one process and relationship between an individual (the coachee) and an external coach, with a specific focus on business performance, personal growth and development outcomes. It is a time-bound, formal intervention focused on specific shorter-term goals and challenges. It all starts from the premise that people have the resources within themselves to realize their personal and leadership potential, and that the task lies in assisting them to access those resources and apply them, using relevant tools. This process involves empowering an individual by facilitating self-directed learning and improved performance in all aspects of a coachee's life, and the setting of longer-term goals and personal growth objectives to ensure that change is deep, meaningful and enduring.

At PeopleSmart, Empowerment Coaching is lead by a registered psychologist and/or registered business coach. We will support your development and provide feedback on progress, concerns and suggestions for improvement in terms of the individual and/or the process. Significant others, e.g. a Line or Group Manager, may be called into the process with a coachees permission and as required. The intervention comprises of a combination of face-to-face and visio/telephonic coaching sessions (as agreed in the initial contracting session).

1. Initial Contracting Conversation

2. Online or In-Person Coaching sessions (as agreed in the initial contracting conversation)

Please note all assessments and coaching can be done online, in-person or a combination of both methodologies.

Contact us for more information:



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