

# Executive Coaching

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Where do you want to be tomorrow?

## Who are we?

Oktane is an HR consulting organization, comprising senior professionals with extensive experience of enabling Human performance. We bring a wealth of experience from both academia and industry.

At Oktane we celebrate the spirit of the entrepreneurs and professionals who want to build strong capable organizations.

Eight years supporting our clients in creating an ecosystem where performance is valued, quality talent is groomed and team members engaged.

## Coaching

- Is a collaborative, solution focused, results oriented and systematic process
- It facilitates enhancement of work performance, self directed learning, personal and professional growth of the coachee
- Throughout the coaching relationship the coach engages in direct, personal and often challenging conversations

# Coaching

- Requires an active collaborative approach between client and coach
- Facilitates the change, it is the coachee's responsibility to enact the change
- It is not therapy and thus it does not aim to treat psychological problems

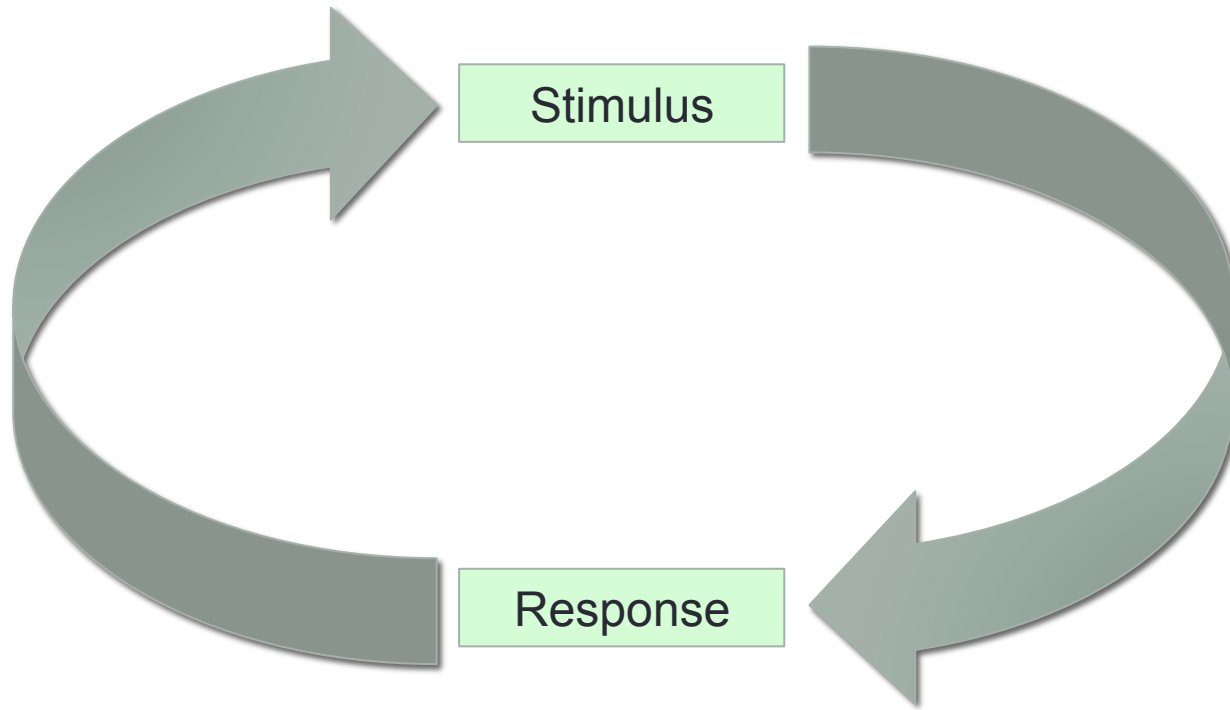
## Coaching enables the Coachee towards

- Long term excellence
- Self correction
- Self generation of solutions

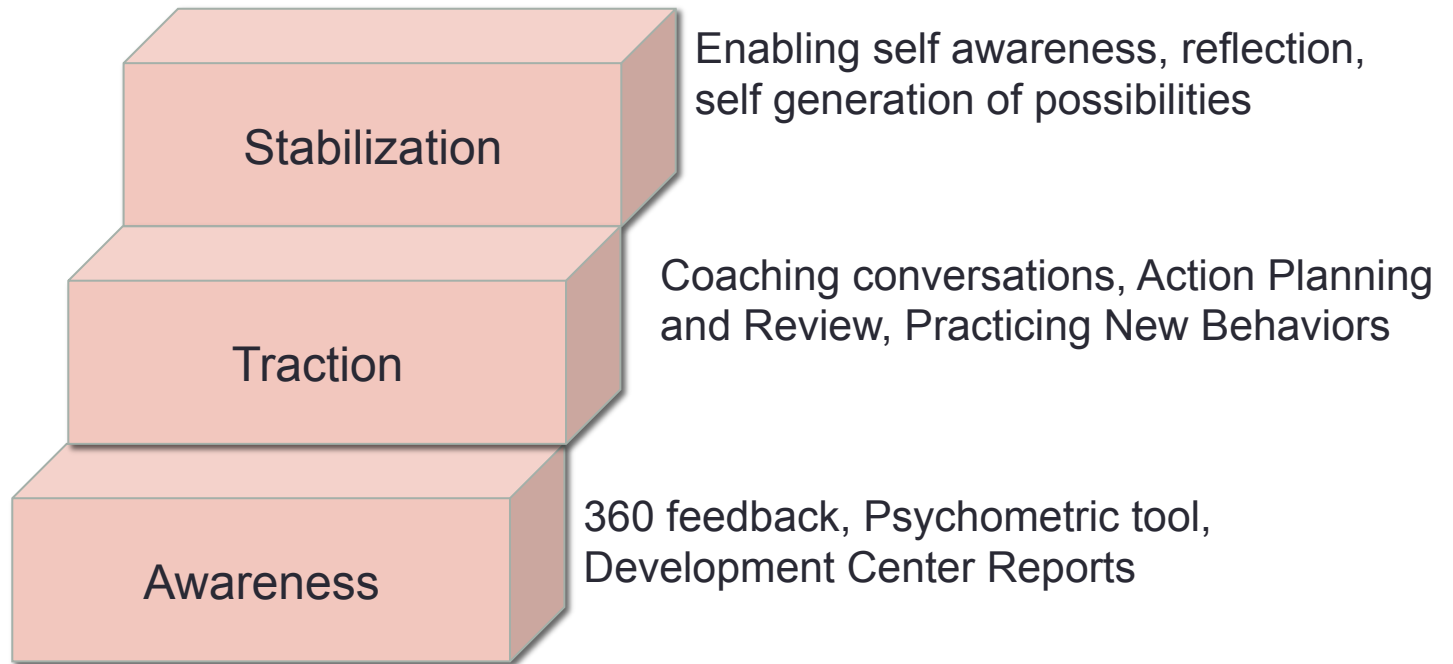
## Interventions

- Awareness, self observation
- Engaging in new practices
- Coaching relationship to hold us in the new behavior
- It is DOING practices that brings change

## Stimulus Response Cycle - Why things don't change



# Coaching Process – breaks Stimulus Response Cycle





## Our Promise

- Complete Confidentiality
- Upholding International Coach Federation Ethics Code