



Become more focused of what you really want

Achieve your goals

Perform more effectively

## Professional and Personal Coaching Program

“Personal goals exert a powerful influence over how people behave and how they experience their lives ... it is not merely having a goal that assists individuals to do well and feel good, rather that one must feel ownership of the goal, strongly identify with it, and adopt it with a full sense of choice.” - The Journal of Positive Psychology July 2007

FIRE UP Coaching® offers a personalised coaching program to work with you around ownership and achievement of your goals.

You can choose a 6 or 10 one-hour session programs, and meet with your coach face-to-face, by phone/skype or a combination of both.

Based on the FIREUP model the program begins with profiling your thinking and learning preferences, a solid starting point for the coaching process.

### Who is FIRE UP Coaching®?

FIRE UP Coaching® is a Registered Training Organisation that has been providing coaching and training programs since 1998. We are dedicated to improving human potential and have a solid reputation for innovative and experiential programs that make a real and immediate difference, both professionally and personally.

Our programs include:

- Professional and personal coaching
- Health coaching
- Certificate IV in Business and Personal Coaching
- Diploma of Leadership, Coaching and Mentoring

FIRE UP coaches have a passion for supporting others to achieve outstanding results. They are highly skilled having a minimum of Certificate IV and ICF Associate Certified Coach (ACC), additional human development qualifications and extensive experience with a wide range of people across many industry sectors.



