



## THE ART OF INSPIRING PEOPLE TO MAXIMISE RESULTS

**OKU HUMAN®** has sided with **Let's Grow Coaching Angola** to promote coaching for executives, professionals and entrepreneurs who seek to maximise their potential with the aim of achieving better professional results and greater personal fulfilment.

The coaches at "Let's Grow - Coaching Angola" are experienced executives and members of the first professional Coach Certification Programme in Angola, accredited by **ICF - International Coaching Federation** with the **ACTP - Accredited Coaching Training Program** highest honour.

The coaching services we offer are characterised by experience and passion for the development of people in the Angolan market and the ethical integrity upheld by ICF.

### Definition of COACHING

ICF defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential.

## COACHING PROCESSES

Each coaching starts with the presentation of the Coaching Agreement at a joint session with the client, the coach and the sponsor (in the case of corporate ecosystems), to establish all the contractual rules, including ethics and confidentiality, that define the relationships between the stakeholders, in accordance with ICF strict standards.

Face-to-face sessions last about one hour and take place at a pre-set frequency.

The articulated goals and action plans determined at each session by the client will take them, under their responsibility, along a challenging path towards the desired results.

The coaching processes promoted by Let's Grow - Coaching Angola follow the GROW methodology (**GOALS**, **REALITY**, **OPTIONS** and **WILL**).

<b>G</b> <b>GOALS</b> Definition of goals	<b>R</b> <b>REALITY</b> Exploring reality	<b>O</b> <b>OPTIONS</b> Discovering options	<b>W</b> <b>WILL</b> Establishing action plans
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Let's GROW applies different approaches in its coaching processes:

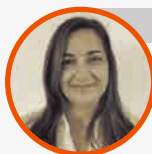
- Executive Coaching
- Financial Coaching
- Career Coaching
- Sales Coaching
- Leadership Coaching
- Entrepreneur Coaching



**LET'S GROW**  
Coaching Angola

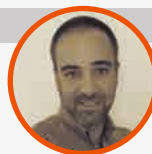


## THE **LET'S GROW** TEAM



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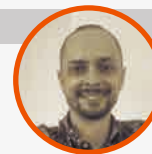
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