



Customised coaching to help you achieve your goals.

5 Crucial Conversations is a customised coaching program, designed to help you uncover and achieve a specific personal or professional goal.

With 30+ years of coaching experience, Aileen Hiskins has helped leaders at all levels achieve their personal and professional goals. Warm, insightful and direct, Aileen leads our team of highly experienced and trained coaches.

Across 5 Crucial 90-minute Conversations, our coaches will guide you to become more self-aware, adventurous, curious and ready to act to achieve your goal.

Crucial Conversation 1 **BE READY**



In our first conversation, we explore you. Your strengths, your behavioural style, your emotional agility, your passions, and your peeves. In preparation for Crucial Conversation 1, you will complete the Everything DiSC® Agile EQ™ Profile.

Crucial Conversation 2 **BE DRIVEN**



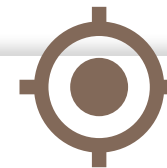
In our second conversation, we establish the goal. This is your unique adventure, and the goal will be whatever is important to you. This goal may be related to personal or professional growth. There is only one condition: it needs to be a goal you are driven to achieve.

Crucial Conversation 3 **BE CURIOUS**



In our third conversation, we explore the options available to help achieve your goal. The path we take will challenge your curiosity and have you thinking of new ways to remove any obstacles along your way.

Crucial Conversation 4 **BE DARING**



In our fourth conversation, we focus on assembling the courage to act. By this stage we know what we need to do to achieve the goal, and those actions may call for us to be daring, to take risks and to be vulnerable.

Crucial Conversation 5 **BEYOND**



In our fifth and final conversation, we put everything together, reflect on the journey and create an action plan to to move forward.

5 CRUCIAL CONVERSATIONS