



One-on-one coaching



Virtual or in-person one-on-one coaching for your leaders.

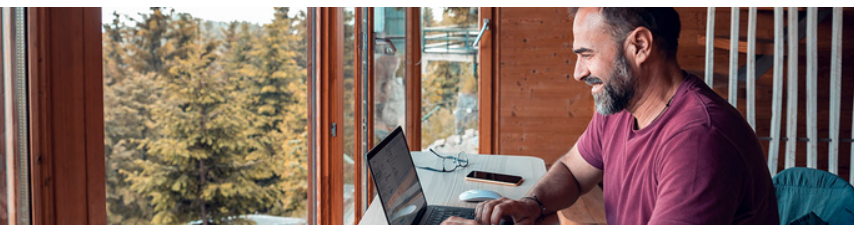
We believe that for people to transform, they need the right environment and support, that is why we offer a unique type of insight-led coaching.

Our ICF-certified coaches support executives, senior and emerging leaders, and technical specialists transitioning into leadership roles. They work with individuals to build greater self-awareness, clarify immediate and longer-term goals, and work toward specific development objectives.

Our 1-1 coaching can be through virtual or face-to-face support and is complemented by on-demand, 'point of need' coaching conversations on the Adepton platform.

What the experience provides:

- An outside perspective that aids the development and decision-making processes of leaders and organizations.
- Flexibility for busy people who don't have the time to attend off-site training and need to manage their schedules.
- Mentoring support when an objective thinking partner is needed to work through difficult or important decisions.
- Organizations can deploy additional support to their leaders quickly without taking on a permanent overhead.



At a Glance



AUDIENCE

Executives, senior and emerging leaders, and technical specialists transitioning into leadership roles facing unprecedented changes and pressures.



COMMITMENT

Support options

- 3-4 months
- 6-9 months
- 12 months unlimited and on-demand

COACHING CONVERSATIONS

All one-on-one coaching options are supported by access to a suite of coaching conversations on the Adepton platform. These give leaders access to a 'coach in their pocket'

Coaching conversations are ready-to-go 15 minute digital workouts designed to help leaders combat everyday challenges at their 'point of need'.

Each workout uses the conversational interface in the platform to step a leader through the Adepton B3 methodology — prompting reflection, providing tools and insights from others who have faced similar challenges, and helping people to take action on the job.

[Find out more](#)

The Participant Experience – How Does It Work?



Backed by research

As long ago as 2001, a survey conducted amongst Fortune 1000 companies concluded that of those receiving coaching:

- 53% had increased productivity
- 39% had increased customer service
- 32% had increased retention of senior people
- 20% had reduced costs and increased profits



Coaching Options

3–4 months

- A 90-minute goal setting and coaching plan, including optional 3-way contracting session between the coach, coachee and line manager or a member of the Board
- 3 face-to-face or virtual customized 60 to 90-minute in-depth coaching sessions
- 3 virtual coaching accelerator sessions
- Supported by coaching conversations on the Adeption platform

12 months unlimited and on-demand

- An assessment to inform development opportunities and measure uplift at completion of the year
- Unlimited and on-demand access to an individual coach or access to our coaching pool to pull on additional expertise
- Customized Adeption platform experience to support each coaching session, promoting reflection, actions, accountability and access to global leading content
- Supported by coaching conversations on the Adeption platform

6–9 months

- 1 half-day goal setting and coaching plan, including optional 3-way contracting session between coach, coachee and line manager
- 5 face-to-face/virtual customized 90-minute in-depth coaching sessions)
- 5 virtual coaching accelerator sessions
- Supported by coaching conversations on the Adeption platform



Talk to us about individual coaching.
adeption.io | hello@adeption.io