

## Management Coaching

**Individual or group coaching sessions at ACCESS Programs are a good alternative to training workshops.**

Coaching and/or consulting can be provided by ACCESS Programs at an equivalent price to training, but with the added advantage of tailoring the solution to fully fit the requirements of the individual or group and engaging participants in the solution of their needs.

With ACCESS Programs, the time that the individual or group attends a coaching session is tailored around their availability. Individual learning needs can be effectively met. An action learning approach ensures that participants have an opportunity to apply what they have learned in one session, then discuss it with their coach at the next session and refine their approach if necessary.

All coaching sessions are stimulating, relevant and practical.

The following topics are suitable for individual or group coaching:

- Team issues
- Leadership
- Personal Impact
- Time Management
- Project Management
- Delegation
- Problem Solving
- Stress Management
- Communication skills

ACCESS Programs Coaching Services are conducted by experienced Management Consultants with extensive backgrounds in education, consulting and the management of organisational change.

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**Partnership for Organisational and Individual Wellbeing**  
**Contact ACCESS Programs on 8215 6799 or 1300 66 77 00**

**Information on our services can be found at [www.accesssa.com.au](http://www.accesssa.com.au)**



ACCESS Programs 'OurEAP' app is available for download via iTunes and Google Play store

