

# VEA Individual Coaching One Hour Session

vision - empathy - adaptability

#### **Get in Touch**

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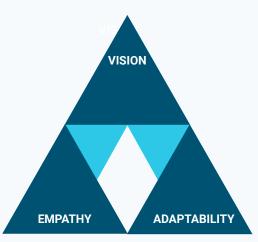


#### Why Resonont

Unlock your potential with our Individual Leadership Coaching and Organisational Development Programs. We tailor our approach to meet your unique needs, guided by our simple yet effective VEA Framework. With over 30 years of experience in Operational Corporate & Coaching Leadership, our dedicated team is here to support your journey towards success. Let us help you achieve your goals of transformation

### Our Leading Pillars VEA Framework

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### What can you expect from the Full-Day CEO Development Program:

A one-hour individual coaching session designed for professionals and aspiring leaders to gain clarity, overcome challenges, and build tailored strategies for growth. Guided by an experienced leadership coach, participants engage in reflection, receive feedback, and leave with practical tools, clear insights, and a personalized action plan to enhance confidence, resilience, and leadership effectiveness.

## Our Team of Highly Experienced Facilitators

With over 30 years Blue Chip Corporate Companies Operational & Coaching Experience, we will facilitate the Program with you Leaders other onsite or through Web,

#### **resonont** September 2025

0:00 - 0:05 | Opening & Framing the Issue

0:05 - 0:20 | Vision (Clarify Direction & Purpose)

0:20 - 0:35 | Empathy (Understand People & Perspectives

0:35 - 0:50 | Adaptability (Explore Options & Flexibility)

0:50 - 0:60 | Synthesis & Commitments