

SUMMARY OF SERVICES

CNS COACHING

- Helping you with your professional project planning
- Repositioning yourself within your professional sector
- Strengths, Weaknesses, Opportunities and Threats analysis
- Help with obtaining your personal and professional objectives
- Teaching to become autonomous on a 10 session Personal Advancement programme
- Personal Advancement plan Coaching with follow-up over six to one year
- As an employer offering coaching to your employees shows that you have confidence in them and ensures maintaining a harmony within your company.



Your first step in crossing the bridge to your future

THE COACH



- Charles des MOULINS de FALAISE (BA Hons) has helped a large number of companies and individuals from a very large scope of businesses succeed in both their personal and professional lives. Totally bilingual (English & French), speaks German and Dutch and having lived in Holland and Germany, he brings a multi-cultural outlook to coaching.



CNS INTERNATIONAL EUROPE LTD

CNS COACHING

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**CNS Coaching is part of the group
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CNS COACHING

INFORMATION
ON OUR
SERVICES



CNS INTERNATIONAL
EUROPE LTD

PERSONAL
ADVANCEMENT TO
HELP YOU DEVELOP
YOUR POTENTIAL



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WHAT IS COACHING?

Coaching is a form of personal advancement and development to help a person obtain predefined personal and professional objectives through individual accompaniment that they believe they cannot accomplish themselves. This is achieved essentially through the coach using his skills and professional experience within various fields, despite in recent years private coaching schools that have grown up and train coaches. Coaches may come from top university or management colleges, and can also use their professional experience within a specific sector or field of competence, in which they are still active, via Coaching such as Communication, high level sports, the arts, theatre etc. Top managers and consultants as well as psychotherapists can also be found amongst coaches.

CNS COACHING

CNS Coaching does not place itself as a manager nor a psychiatrist! CNS Coaching is a proactive self help concept to ensure that you find your own solutions through non imposed guidance. CNS Coaching is forward looking to achieve future agreed objectives. Unlike other coaching methods, CNS Coaching takes into account the "Why" and your past environment, using psychology to understand and help you to be coached.

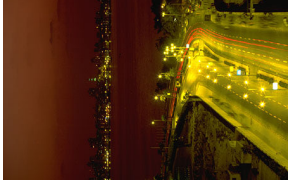
WHY BE COACHED?

Because you are not comfortable speaking in public, because you just can't seem to see a way forward in your professional career, because you want to have a better image of yourself, or get better in the job you are doing, climb up the corporate ladder, or reposition yourself in the job market, and attract more opportunities...or simply achieve a professional or personal project. CNS Coaching is capable of intervening in all areas of life, whether professional or private. Our role is to accompany the person in order that they achieve their objective in the time that they set. A coach should, through individual course sessions, or more rarely group sessions, find the resources in order for the coached person to obtain his/her life's project whatever it may be. CNS Coaching allows the person coached to act from another angle taking into account the type of person he/she is. The objective is to show and teach the person to better understand and identify his/her potential and personality in order that the change takes place through a clearly predefined action plan.

WHAT DOES IT COST?

CNS Coaching invoices fees are between 80€ and 250€ (excluding value added tax 19,6%) on average per one hour individual session.

The first introductory session is always concentrated on explaining the functionality of the courses and listening to the objectives of the person to be coached, and CNS Coaching proposing an action plan. Within the coaching profession there is rarely a written contract between the two parties, unlike corporate coaching. How-



CNS Coaching -
The motorway to
success

ever, CNS Coaching distinguishes itself by proposing a written contract above an oral contract if the person coached so desires on the basis of commonly agreed predefined objectives at the start of the first coaching session.

Note that sessions can also normally be paid through the professional training fund ("formation individuel professionnel") that your company currently uses such as the FONGECIF. <http://www.fongecif-idf.fr/>

HOW LONG DOES IT TAKE ?

CNS Coaching uses a module based on ten sessions, not including the introductory session, with regular weekly meetings lasting one hour each. If you wish to continue on a personalised advancement plan basis, CNS Coaching will aim to ensure that sessions do not last longer than a year, with six months being normally sufficient to attain the objective or objectives fixed by you and CNS Coaching to ensure a durable autonomy is obtained.

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