



COACHING OVERVIEW

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# *Intentional Coaching*

"One size fits one" 1:1 coaching to support you to achieve your goals in an energetically sustainable way

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INTENTIONALGENERATIONS.COM

mind  
wellbeing

emotional  
culture

facilitation

coaching

change  
makers

leadership  
training



# 01 Overview

Thank you for considering *Intentional Generations* as a provider of workplace and people development (coaching) services. It is evident that you are committed to growing, achieving your goals and improving the lives of the people in your life. For this, we acknowledge you and the courage it takes to try something new to improve the life of yourself and others.

Our Intentional Coaching services are tailored, flexible and can be included in your workplace offerings. Our belief about goal achievement and wellbeing is that there's no one sized fits all solution. Instead, we believe in "one size fits one".

This document contains:

- Kind feedback from clients
- What is involved in our Intentional Coaching services?
- How We Get Results
- Business Case for investing in leadership development, culture & wellbeing
- About *Intentional Generations* & Founder (Jen Young)



Wishing you well,

Jennifer (Jen) Young

*Intentional Generations* Founder, Lead Facilitator and Coach

# 02 Kind Feedback from Clients

"Three words I'd use to describe working with Jen are: fun, authentic & capable. I'd also like to add on safe. When you're dealing with personalities, stress and culture it's so important, as a leader of your organisation, that you know you've got someone who's safe for your team to be involved with." – Chief Executive, Kendons Chartered Accountants

"As soon as I met Jen I knew she would be the right coach for me. We had a lovely connection from our first zoom meeting. I felt valued, listened to and 'seen'. She was great at adapting each session for what I needed at the time while also always working towards the goals we had set at our first session together. I always came out of my sessions with more energy and clarity on what my next steps could be. I was amazed at how much we covered and how much I learnt and grew over a few months. I am so grateful for the skills I have learned during these sessions and will continue to use throughout my life journey. Thanks so much Jen!"  
– Managing Certifier/Trainer at Environment Company

"I wanted to thank you. In 2.5 hours, I learnt more about myself than I have in my 56 years. Having run teams of up to 460 members I wish I had the skills that you passed on yesterday to assist not only myself but also each one of them, it would have made for a much more enjoyable work experience for all. I have attended many leadership and training courses over the years and have never left feeling so enlightened." - Senior Leader, Hospice Sector

More feedback, testimonials and case studies at: <https://www.intentionalgenerations.com/client-love>

**THANK YOU TO OUR INSPIRING CLIENTS**

Celebrating 6+ years of positive impact  
[www.intentionalgenerations.com](http://www.intentionalgenerations.com)

**Intentional Generations**



# 03 What is "Intentional Coaching"?

Coaching is like having a Personal Trainer for your mind! A coach sees your potential, compassionately supports you in your journey to reaching it and works with you, by having powerful conversations, in breaking through what's holding you back. "Coaching is unlocking a person's potential to maximise their own performance. It is helping them to learn rather than teaching them" (John Whitmore, *Coaching for Performance*)

Our *Intentional Coaching* gives you the dedicated support, structure and space to figure out what you want, what's holding you back and to co-create a powerful plan for your next intentional steps. We specialise in one-size-fits-one approaches and helping people to make change and impact in their lives... without burning out.

*"If you want to go fast, go alone. If you want to go far, go together"*

- African Proverb

## Coaching is an investment in yourself & your future

### Why choose *Intentional Coaching*?

Professional Coaches: Our professionally trained coaches have invested significant time and energy into learning and mastering their craft - and continue to do so. They have been trained by internationally accredited coach training programmes (programmes accredited by the International Coaching Federation or the European Mentoring & Coaching Council), have learned the intricacies of psychology, human performance, neuroscience, behaviour and best practices in goal setting and achievement. Some of our coaches are also trained to understand mental health and trauma.

Flexible & Ethical: Before committing to anything, feel free to have a FREE 30minute no-obligation, confidential and nonjudgemental conversation with us about what coaching is, whether it's a good investment for your current life situation and whether one of our coaches would be a good fit for supporting you in the current stage of your journey. We take your time, investment in yourself, your safety & privacy seriously and want to ensure we're a good fit before you take any further action.



# 04

## How We Get Results

We specialise in *custom designed* wellbeing, people and culture development programmes with proven results tailored to your organisation. You get a bespoke coaching service not an out-of-the-box-delivery - that addresses the things that matter most to you.

### Discovery Call

We kick off with a free, no obligation discovery call to learn more about your challenges and make sure we can help. If we aren't best fit, we connect you with our exceptionally talented network.

### You choose: investment & length

We offer an 'investment sliding scale': you choose between \$195+GST - \$275+GST per session. We recommend starting with 6 x 60-75 min sessions spread across 2-3 weeks for 3 months.

### We organise: logistics

Coaching sessions get booked in (virtual or in-person in Auckland CBD). Coaching welcome package & questionnaire, online agreement & invoice (paid one month in-advance) is sent out.

### Your prep work (c. 45 mins - 1.5 hours)

For us to make the most of our time together we request you fill in the pre-coaching questionnaire 48 hours before session #1. Clients commonly say how valuable this is.

### Sessions 1 & 2

The first 1-3 coaching sessions involve powerful processes to clearly define the goals, vision, key challenges and parameters for our coaching engagement

### Remaining Sessions

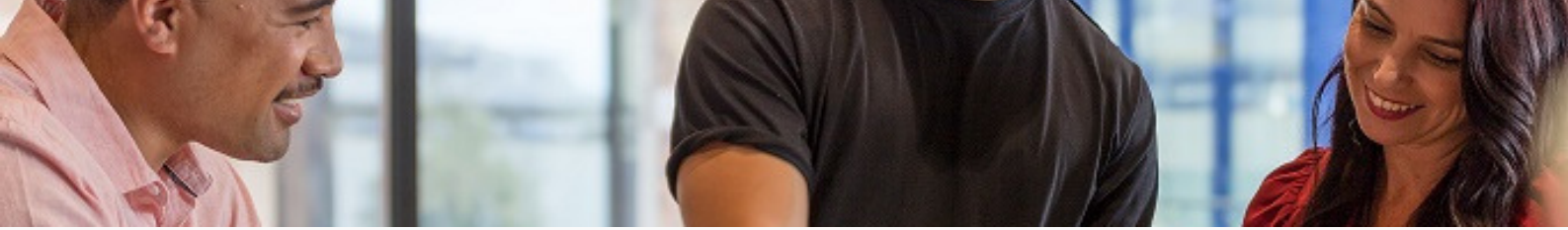
Sessions involve clearing away obstacles from you reaching your goals, creating person-specific strategies and providing you with the specific resources, tools and practices you need to achieve your goals.

### Next Steps

You choose whether and how you'd like to continue :)

Throughout the whole process and in-between sessions you have access to our wellbeing and people development expert Jen via email for any questions, concerns or support.

Like the sound of how we work? Contact [hello@intentionalgenerations.com](mailto:hello@intentionalgenerations.com)



# 05 The Business Case for investing in Leadership Development & Wellbeing

As leaders we are Chief Emotions Officers (CEOs) - we have an impact on, and responsibility for the wellbeing & culture of our teams. Due to being in an often-public position, our emotions and wellbeing has a ripple of impact on those around us - our immediate team members, the wider culture and our whanau/family. Neuroscience calls this 'emotional contagion'.

Wellbeing is our ability to feel good and function effectively. It is what provides us with the resilience to navigate the natural highs and lows we all experience in our lives, while enabling us to flourish intellectually, emotionally, socially and physically.

## Why care about Workplace Culture & Wellbeing at Work:

Over the last decade, researchers have discovered that people with higher levels of wellbeing are more sociable and energetic, more charitable and cooperative, and better liked by others. They are more resilient in the face of hardship, have stronger immune systems and are physically healthier and happier. The business case for building and maintaining wellbeing in the workplace is compelling. Workplace wellbeing is a key driver of engagement and is strongly linked to employee attention, retention, improved safety, productivity and positive workplace behaviour.

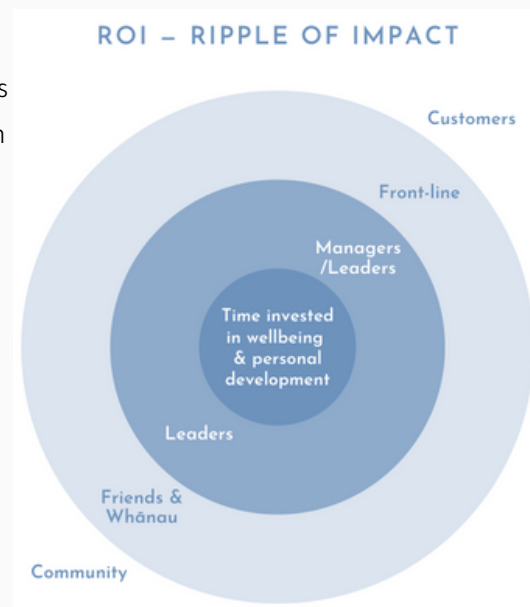
The cost of not caring about Wellbeing at Work: The 2015 Wellness in the Workplace survey estimated that New Zealand lost 6.7 million working days to absence in 2014 (an average of 4.7 days per employee). Manual employees have a higher rate of absence than non-manual employees (an average of 5.1 days). In 2015 the direct cost of absence was estimated at an average of \$616 per employee, or \$1.45b for the total New Zealand economy

## Sources:

<https://wellplace.nz/assets/Uploads/Workplace-Wellbeing-Evidence-Review.pdf>

<https://www.brightthr.com/articles/pay-and-benefits/health/promoting-health-wellbeing-at-work/>

<https://www.wellsteps.com/blog/2020/01/02/employee-well-being-at-work/>



# Hi, I'm Jen!

## Your Coach, Facilitator + Wellbeing & Culture Specialist

I've had the privilege of working with thousands of people and over a hundred diverse organisations, locally and internationally, over the last 8+ years to help them implement successful & effective well-being, team development & culture programmes. Developing "one sized fits one" coaching programmes for inspiring leaders and seeing powerful outcomes is a favourite part of my work. I have a firm belief that workplaces should be an environment where we are able to bring our best self to work every day. And that all starts with a culture of Wellbeing, Trust and Growth.

Talk soon,  
Jen



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