



# e-Coach

We offer  
environmentally and  
mentally friendly  
solutions to our valued  
clients!

## What do you require to be able to participated in e-coaching?

✓ A stable internet connection with a enough bandwidth for a stable connection. To check requirements, you can go the below link.

<https://support.skype.com/en/faq/FA1417/how-much-bandwidth-does-skype-need>

✓ Open Internet access that will allow you to browse freely as we make use of various sites for learning.

✓ A smart device, example a computer, laptop, tablet or smart phone.

✓ A private space where you can relax and engage freely without interruption and worries about being overheard.

We find that many coachees prefer the coaching sessions to be face-to face as they feel more comfortable and engage more easily. In these instances we can apply a blended approach with online learning, reading, and assessments followed with face-to-face sessions for the crucial action discussions.

## WHAT IS E-COACH?

### ENVIRONMENTALLY FRIENDLY

All coaching material is electronic for ease of use, anytime interaction, and to save the planet.

### MENTALLY FRIENDLY

We use Neuroscience in our Coaching approach to ensure a positive, uplifting and empowering experience.



Mentally Friendly

