



LEGACY
PEAK PERFORMANCE
PROGRAMME

**Coaching Isn't Advice.
It's Unlocking What's
Already There.**



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An Introduction

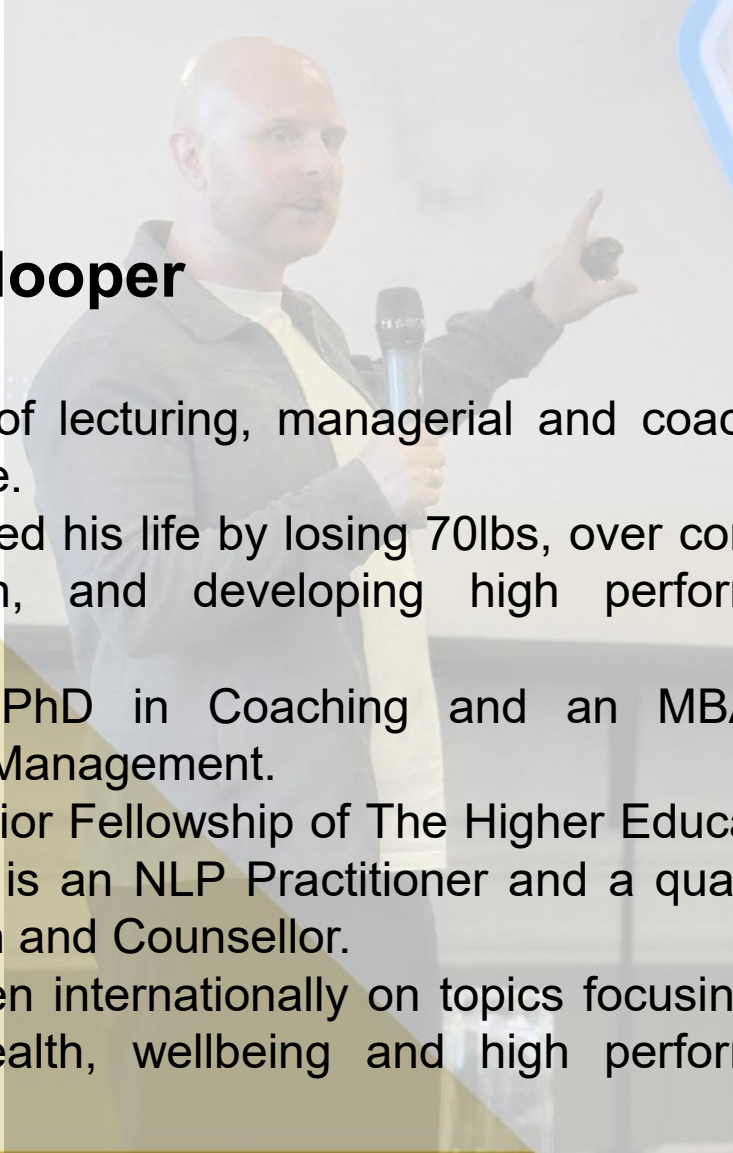
- A high-performance, international training organisation focused on enhancing the mental toughness, and performance, of senior, and emerging leaders.
- Initially developed as a 1-1 coaching consultancy, before developing into keynote presenters and organisational coaches.
- Currently working with individuals, and organisations, across four continents (North America, Europe, the Middle East, Australia, and Asia).
- Developed a record of enhancing staff, and business, performance through our expertise in coaching.



An Introduction - Managing Partners

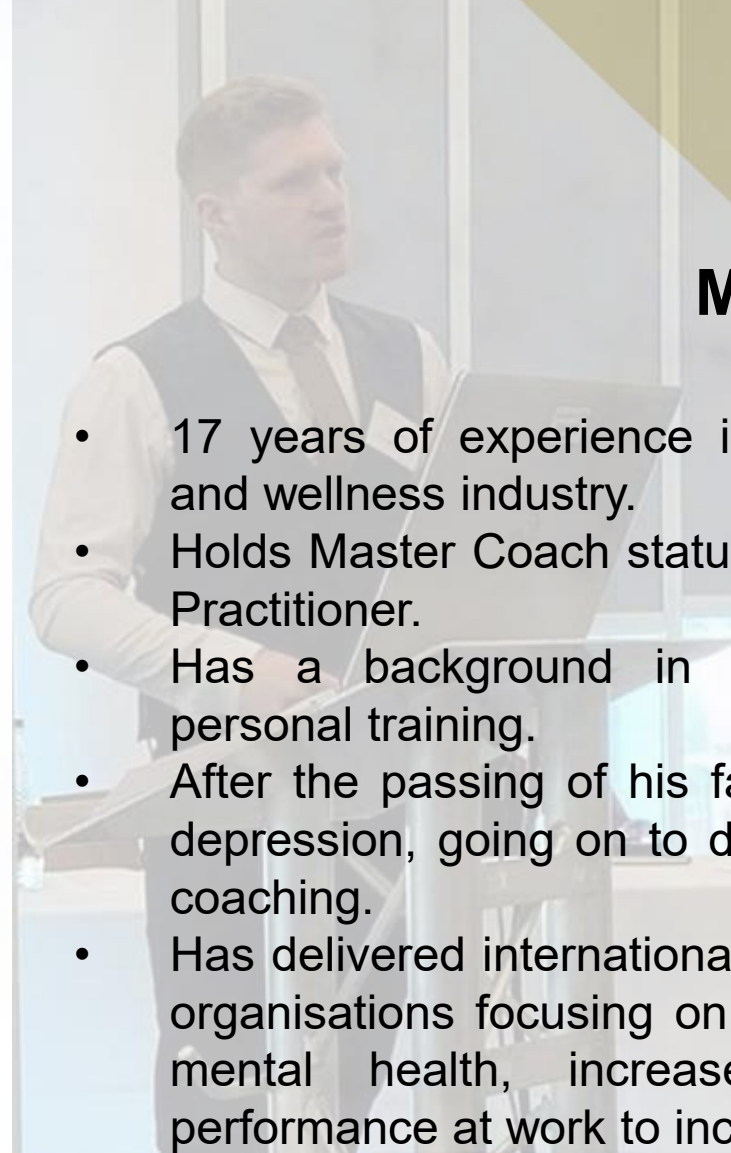
Dr David Hooper

- 15 years of lecturing, managerial and coaching experience.
- Transformed his life by losing 70lbs, over coming depression, and developing high performing habits.
- Holds a PhD in Coaching and an MBA in Business Management.
- Holds Senior Fellowship of The Higher Education Academy, is an NLP Practitioner and a qualified Life Coach and Counsellor.
- Has spoken internationally on topics focusing on mental health, wellbeing and high performing habits.



Mr Rob Sanders

- 17 years of experience in the health, fitness and wellness industry.
- Holds Master Coach status and is also an NLP Practitioner.
- Has a background in sports therapy and personal training.
- After the passing of his father, Rob overcame depression, going on to develop a passion for coaching.
- Has delivered international workshops for large organisations focusing on improving employee mental health, increased happiness and performance at work to increase productivity.

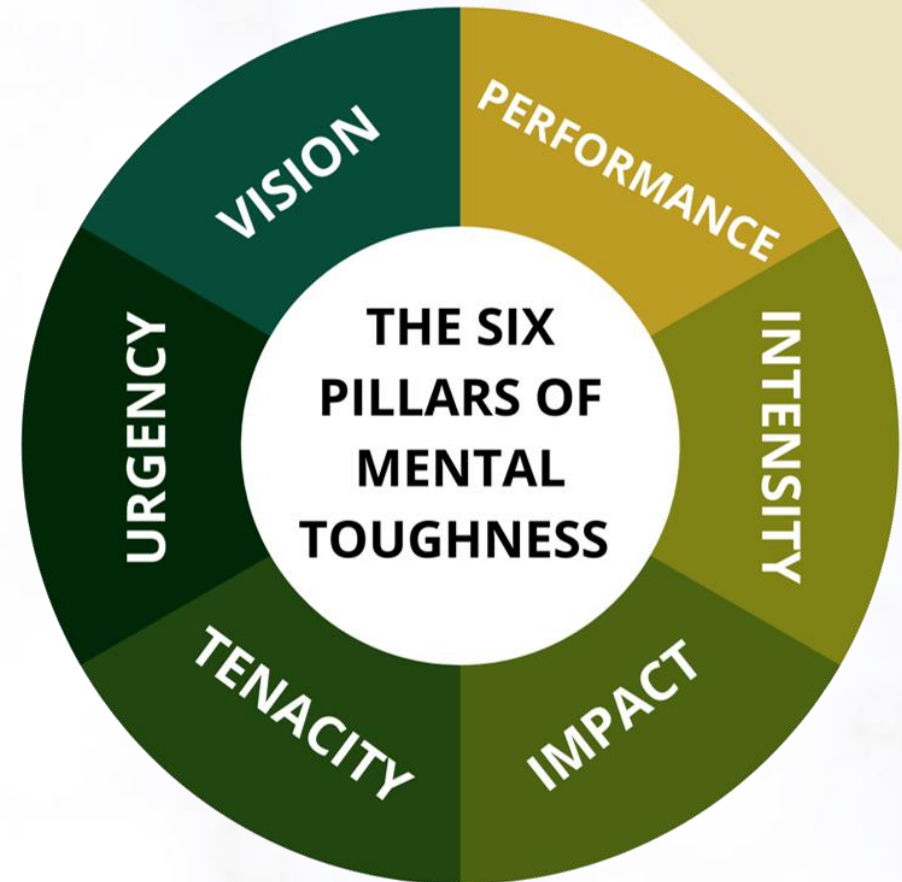


What We Do

We deliver a suite of masterclasses, events and coaching sessions focused around enhancing mental toughness and high performance habits within emerging managers.



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— P R O G R A M M E —



Stop Telling People What To Do



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What Coaching Is and What It Isn't

Most people think coaching is:

- Giving advice
- Solving problems
- Telling someone what they should do

That's not coaching.

That's instruction.

**Coaching is not about having the answers.
It's about helping someone find their own.**

What Coaching Actually Is

Coaching is the process of:

- Asking the right questions
- Creating awareness
- Challenging thinking
- Guiding someone toward their own solutions

Key truth:

People don't need more information.

They need:

- Clarity
- Perspective
- Accountability



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The Role of a Coach



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A coach does not:

- Fix people
- Save people
- Think for people

A coach helps people:

- See what they couldn't see before
- Challenge limiting beliefs
- Take responsibility
- Move into action

**You are not the hero.
The client, or colleague, is.**

The Power of Questions

The quality of coaching = the quality of questions.



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Good coaching questions:

- Create clarity
- Challenge assumptions
- Shift perspective
- Lead to action

**Questions create awareness.
Awareness creates change.**

Examples:

- What do you really want?
- What's actually stopping you?
- What else could this mean?
- What's the next step?

Coaching vs Advice



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Advice:

- Comes from your experience
- Creates dependency
- Often gets ignored

Coaching:

- Comes from the client
- Creates ownership
- Leads to action

People are far more committed to their own ideas than yours.



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The Coaching Outcome

A successful coaching conversation leads to:

- **Clarity** (they understand the situation)
- **Ownership** (they take responsibility)
- **Action** (they know what to do next)

**If there's no action...
There's no coaching.**

Coaching Is About Change

Coaching is not a conversation.

It's a process that leads to:

- Better thinking
- Better decisions
- Better actions

Final challenge:

Next time someone comes to you with a problem...

Don't give advice.

Ask one powerful question instead.



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**Thank you for your time!
Any Questions?**



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