



WIZZSENSE

**Team Coaching &
Mentoring Services**





Team Coaching & Mentoring

- Team coaching helps individuals gain self-awareness, achieve their development objectives, unlock their potential, and act as a sounding board. It also teams clarify goals,
- Team coaches (similarly with life, career, leadership coaches, etc.) are not consultants or therapists and usually refrain from giving advice or solving their clients' problems.
- Instead, they ask questions to help managers and top performers clarify and solve their own problems.
- WIZZSENSE was founded in 2019 to offer a new paradigm in personal growth and team performance, by combining years of corporate leadership experience with coaching tools and techniques.

ABOUT

OUR SERVICES

1

Personal Sessions

The most common, yet powerful form of coaching. Can be held physically or remotely on a weekly basis.

2

Group Sessions

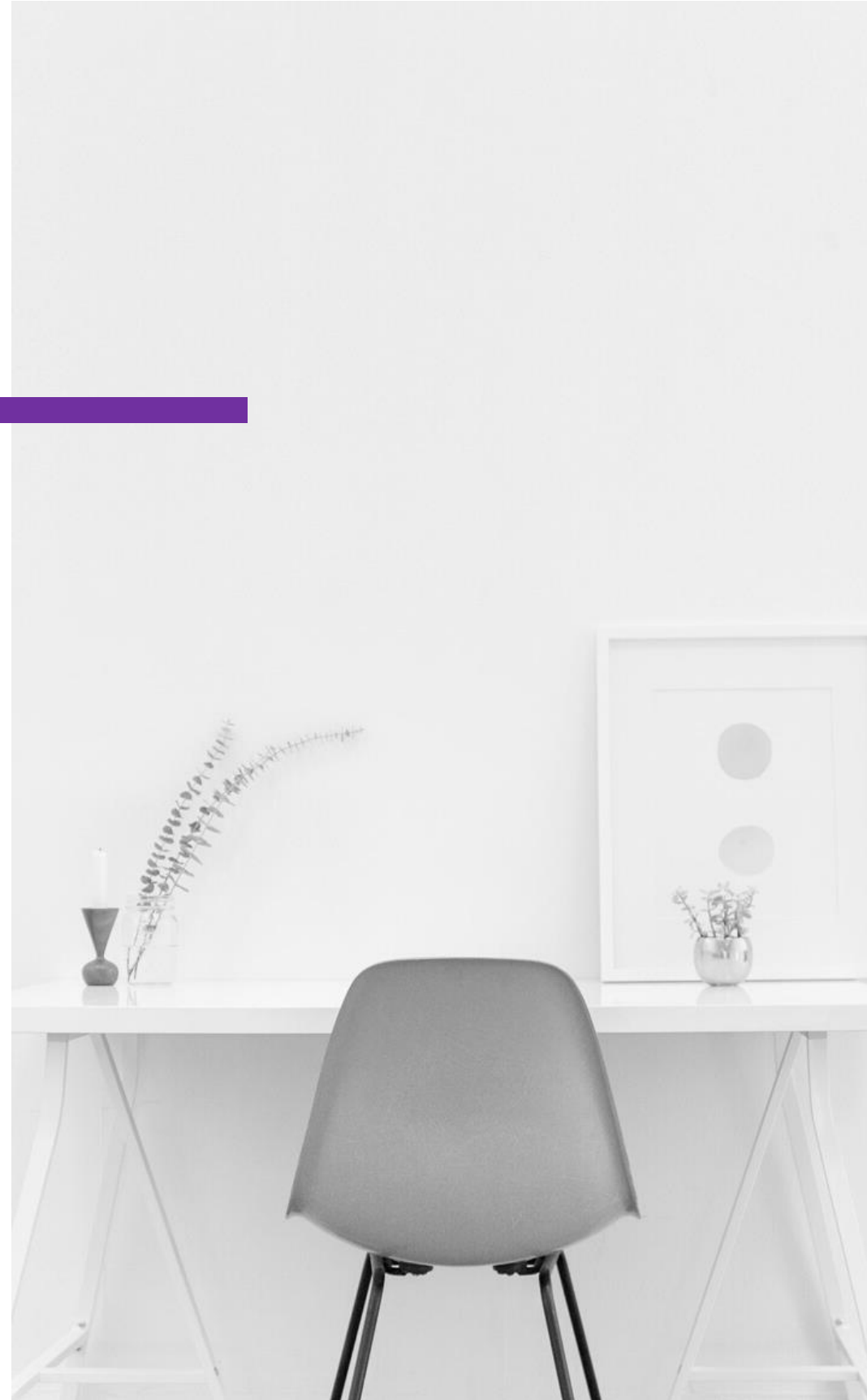
Held on corporates premises or on-line, focusing on a specific context set by the sponsoring organization.

3

Outdoor retreats

Combined with outdoor activities, single or 2-day retreats have an extremely positive impact.

CHALLENGES



CURRENT WORKING REALITY

- Work from home has dramatically changed people's daily routines
- Work-life balance is replaced by work-life integration
- New skills are required to maintain personal performance as well as to manage other people
- The concept of corporate strategy, business planning and project management are redefined as iterative amendments is the new reality
- People need to be re-trained in the concept of "failure" and "constant adaptivity"



We help organizations, teams and individuals deal with the below work challenges:

- ☐ Work-life integration
- ☐ Resolving conflicts with teams, peers or supervisors
- ☐ Building self-awareness
- ☐ Taking ownership of your own life and career
- ☐ Boosting productivity
- ☐ Setting boundaries in order to manage time
- ☐ Setting Objectives & achieving results
- ☐ Handling family issues that affect someone's career

WE CAN HELP WITH



Work-life Integration

Today there is a lot of critic on the term “work-life balance” because it creates an artificial separation between work and life, as if work were not a part of life. In response, the concept of work-life integration becomes more and more popular. For those individuals who are taking care of kids, elderly parents, while working or perform any other activities, it seems like the best way to have and do it all. We can help you shape your own workday and seize the benefits offered by work-life integration.

WE CAN HELP WITH





Resolving conflicts with teams, peers or supervisors

Conflict arises from differences between people. We can help you facilitate understanding and appreciation within your teams. Maintain a healthy balance of constructive difference of opinions and avoid negative conflict. When people with varying viewpoints are assigned with a project or challenge, their combined effort can far surpass what any individual could achieve. And it is your job to make this happen.

WE CAN HELP WITH





Building self-awareness

Lack of self-knowledge leads to poor communication, misunderstandings, and time wasted. We can help you come to peace with who you really are, focus on your strengths, accept your negatives and be confident that you can make it. Whatever it is you want.

WE CAN HELP WITH





Taking ownership of your own life and career

Have you ever made negative thoughts about your job? Are you among the ones who work 12 hours a day and still feel no creativity, connection to any outcome, and depression? If you want a job that brings fulfillment, then aligning your work with your values is essential. We can work together and help you gain career confidence, insight, encouragement and inspiration and a way that fully aligns to who you are.

WE CAN HELP WITH





Boosting productivity

Procrastination comes in many forms: not starting; not finishing; fear of failure; fear of success; fear of disapproval; overwhelm; boredom; perfectionism. The list goes on. As with so many such behaviors, procrastination has no one cause and no one solution. But by becoming aware of and understanding how we're creating our procrastination; we can start to take responsibility and make changes. We can help you simplify action items, breakdown tasks, introduce accountability and link all those to a higher purpose.

WE CAN HELP WITH

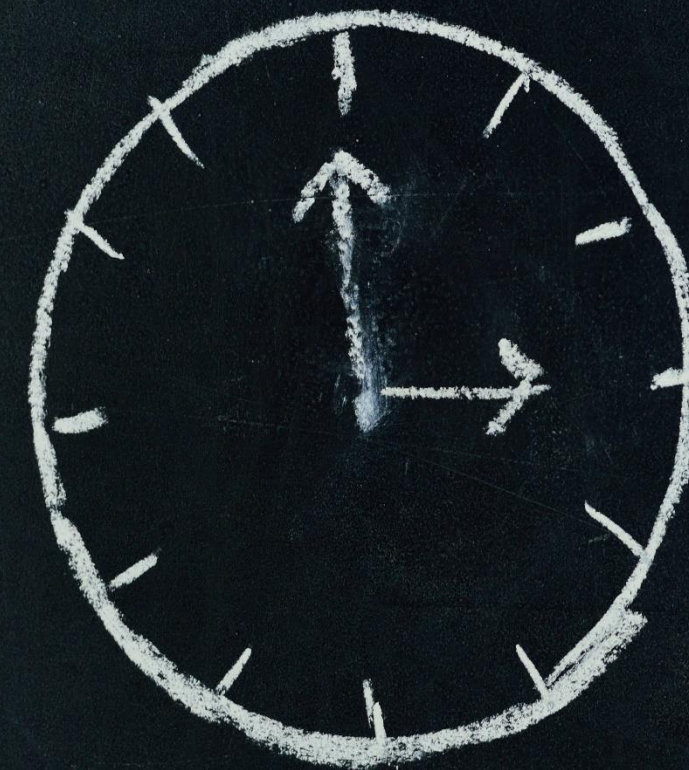




Setting boundaries in order to manage time

From the moment we are old enough to communicate, we are told not to be selfish. We're told to 'put others first and don't be so greedy' etc. We don't know how to set boundaries. Having healthy boundaries means knowing, understanding and communicating what you will tolerate and what you will not. We can work together and deal with the negative impact of not setting boundaries (avoidance, isolation, blame, control, etc.) as well as learn effective ways to set boundaries with no guilt. This way we'll present on time in meetings, meet project deadlines and give the paradigm to our teams.

WE CAN HELP WITH





Setting objectives and achieving results

What have your objectives been for the last year? How related are those objectives to your personal happiness and professional success? To what extent have you achieved them? Using Google's OKR (Objectives and Key Results) approach and other techniques, we'll re-define your own OKR and you will develop strategies to pursue them with resilience until you achieve them.

WE CAN HELP WITH



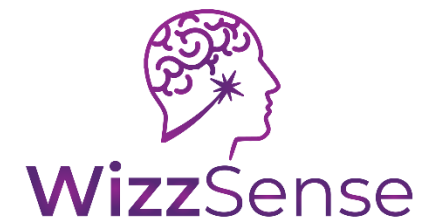



Handling individuals' family issues that affect their careers


Every family has its problems, whether they are commonplace (such as teenage behavior) or complex and devastating (such as separation). Managing a good family dynamic takes time, patience, and practice. What is for sure, is that our professional success is tightly related to it. We can help you improve the communication channels within your family, resolve conflicts and be more present and focused while you are working.

WE CAN HELP WITH





	<h2 style="text-align: center;">What I want</h2>
<p>Write down 3 things you would like to achieve over the next year in the following 7 areas of your life:</p>	
1. Financial	
2. Career	
3. Recreation & free time	
4. Physical fitness & health	
5. Relationship with family & friends	
6. Personal goals (learning, spiritual, growth, personal achievements)	
7. Community service, contribution & legacy	

 **Taking action: Asking for what you want**

What do I want to ask for?	Who do I want to ask?	When will I ask them?

1. What do you want to ask for?
2. Who do you want to ask?
3. What does not asking cost you?
4. How do you stop yourself from asking?
5. What is the possible benefit of asking?
6. When will you ask them?

WORKSHOPS

Workshops where people attend interactive presentations and are invited to think and fill-in forms.

INTERACTIVE GAMES

People conduct role plays based on scenarios that have been handed out to them beforehand. During reflection sessions attendants are providing feedback on their experience, express thoughts and feelings, and realize certain aspects of their behavior.

MENTORING

There are cases where the coach offers advice based on own experience. This can sometimes be valuable, given that any advice will carry years of professional career in management consulting and other roles.

POWERFUL QUESTIONS


Executive coaching is all about questions. During any activity, the coach facilitates interaction by asking thought-provoking questions.


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Day 1 Agenda

Thoughts and emotions

- ☐ The inner game
- ☐ Goal setting
- ☐ Taking full responsibility of your life
- ☐ Labelling thoughts and emotions
- ☐ Self talk
- ☐ Letting go
- ☐ Meditation and conscious breathing

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Letting Go - What Do You Need to Let Go Of?

A short story for the introduction:

Two Buddhist monks return to their monastery after the rains. They reach a swallner river and in front of them is a beautiful woman in a delicate silk kimono, distressed because she is unable to cross the river by herself. The older monk scoops her up, carries her safely to the other side and the two monks continue on their way in silence. Later, as the monks reach their destination, the younger monk having lived for the last 5 hours finally bursts out, 'How could you do it? We're not allowed to touch a woman!' The older monk, surprised, replies, 'I put her down 5 hours ago, but you are still carrying her with you.'

- As with the younger monk in the story, the things we hold onto (e.g. that we feel angry, hurt, guilty) about our mind and prevent us from fully enjoying life. The irony is that whatever you're holding onto, it's probably bothering you much more than it does anyone else.
- Letting go usually involves some form of forgiveness or acceptance - whether it's of yourself, someone else, a situation or even an unknown third party.
- Letting go doesn't mean we condone a situation or behavior. It's about lightening OUR load. When we let go of whatever is bothering us, we set ourselves free - and get to reclaim that energy for ourselves.
- You don't need to know HOW to let go, you just need to be WILLING. And while you can't change the past, you can learn from it and change

BEHIND THE SCENES



My name is Konstantinos Pazalos and I'm an Executive Coach and Mentor, certified by the Global Academy of Coaching and an ACC Candidate. I have a *15-year experience in middle and top-level management positions* in multinational organizations. My specialty is about managing change during corporate transformation initiatives. The main motive for becoming a Coach was the fact that corporate Learning and Development (L&D) programs need instructors with personal experience on the challenges and struggles of the corporate environment. I believe that Coaching is the appropriate L&D approach in the current dynamic and fully disruptive organizational context since employees are in search of a mindset shift rather than acquiring new skills.

I look forward to discussing with you about a potential engagement!

Best Regards,

A handwritten signature in black ink, appearing to be "K. Pazalos".



***“Growth is not a matter
of learning new
information but of
unlearning old limits”***

Alan Cohen

THANK YOU!

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