

# Professional Development and Personal/Life Coaching Services

The International Coach Federation (ICF) defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

#### The Benefits of Coaching

Live Intentionally
Uncover Your Potential
Discover What Drives You

# **Professional and Personal Development Coaching**

# **Career Coaching**

Interview Prep Stressless Career Transitions Personal Brand Career Objectives

#### **Professional Development**

Emotional Intelligence Team and Network Relations Interpersonal Relations Self-Management

#### Life Coaching

Clarifying Personal Goals Work/Life Balance Define Purpose Mindfullness

# Youth and Young Adult Coaching

#### **Education Coaching**

Learning Styles
Time Management
Metacognition
Self-Management

### **Young Professionals**

Career Transitions Personal Brand Emotional Intelligence Life Management

#### Youth Leadership

Public Speaking Entrepreneurship Community Engagement

# **About NPO Strategies**

NPO Strategies helps you take an honest assessment of your talents, motivators, and goals. We listen and co-create a personal development action-oriented plan to achieve goals and a healthy work/life balance.

## Yolanda Baker-Oseitutu

As a consultant, advisor, and coach, Yolanda's process is objective and imbued with patience. Her approach is relaxed and personalized in delivery. Through discussion, active listening, structured exercises, and psychometric assessments, we will identify your skills, interests, personal style, needs, and values. Her goal, personal and holistic support to clients through their journey of transformation.

INTERESTED IN WORKING TOGETHER?
CONTACT
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Virtual Coaching (Skype, Zoom, WhatsApp) Local Presence with a Global Reach Schedule Your Free 30 Minute Consultation Now!