Forty2 coaching process

phase	objectives	example activities and tools
Analysis	needsIdentify business and personal goals	 1 to 1 meetings with peers/managers 1 to 1 meetings with direct reports The 'Forty2 goal setting process' Personality profiling
Development	Develop a specific coaching programme concomitant with your strengths, improvement needs, personal and business goals	
Delivery	 Personalised coaching focusing on behavioural change and skill development Typically, a minimum of four x 2hr coaching sessions phased over a period of three to four months Can be combined with psychometric profiling to help identify required areas of focus (optional) Delivered face to face or via Zoom video conferencing 	Agree session goals Commit to actions Discussion Reflection Role-plays Simulation Exercises Consider alternative solutions Agree session goals Self discovery and learning

Nick Anderson

Nick has over twenty-five years' experience in people development. As a founder and director of Forty2, Nick specialises in business coaching, and the design and delivery of leadership, management and team development programmes. Nick is an expert in the generation of individual, team and business success through behavioural change.

Nick has successfully engaged with and supported 100s of leaders, from senior executive and board level down, helping enhance business and personal performance through a facilitative process designed to encourage self-awareness, structured thinking and action-oriented output.

Nic Fallan

Nic Fallan, a founding Director of Forty2, believes PEOPLE MATTER. He therefore dedicates his time to working with companies and individuals, helping them transition into exceptional performers. This he achieves through the provision of stimulating and challenging sessions engineered to promote rapid, effective and long-lasting behavioural change.

Over his 25 years' experience he has had the pleasure of working with individuals across a diverse group of businesses from OSRAM (now Ledvance) to Informa-Tech on a broad range of topics, both personal and organisational.