

*Telos is purpose, aim, or intention. Aristotle proposed we all have a telos, based on our uniquely human capacity for rational thought.*

***Coaching with Purpose*** is a positive psychology solutions based approach that emphasizes moving forward without confusing activity for progress

***Telosity Coaching*** partners with you to explore, define and achieve your purpose in personal and team growth and leadership potential.



*"When we are no longer able to change a situation - we are challenged to change ourselves"*

~ Viktor Frankl

*"If your actions inspire others to dream more, learn more, do more and become more, you are a leader"*

~ John Quincy Adams

[www.telositycoaching.com](http://www.telositycoaching.com)

*Individual, Group and Team Coaching*

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***Individual Coaching***

***Personal Awareness & Insight***

***Values, Meaning & Purpose***

***Leadership Presence***



## ***Personal Awareness & Insight***

*Deep **personal awareness** and self-understanding are the groundwork for growth and change. Are you aware of how you are perceived by those important in your life and career? Do you know your blindspots - those aspects of your character and personality that escape your notice? These hidden outward and inward perspectives have heavy influence on your interactions, actions, and decisions, impacting others and you. Insight and awareness of those blindspots can help remove obstacles and opportunities standing in the way of your performance and the life and career you strive for.*



## ***Values, Meaning & Purpose***

*Carefully defining goals harmonious with your values, finding ways to measure progress, and creating accountability for your own growth are the core of Telosity's coaching approach.*

*Are you aware of your **character strengths**? Do you have your character story? One that shows how you live your values with meaning and purpose? One that illustrates the best use of your strengths and showcases your personal brand? Exploring your strengths - how you use them and how you can amplify them - raises your personal power.*



## ***Leadership Presence***

***Leadership** is, simply, the ability to influence, and **Presence** is that mix of personal and interpersonal skills that sends all the right signals. It's how you show up, what you radiate, how you make others feel, and what you inspire in them. Your presence reflects your authenticity, and impacts how effectively you communicate both verbally and non-verbally. Presence is a critical component of charisma, influence, and leadership. Targeted coaching can strengthen the mindset, body language and behaviors that magnify your leadership and your presence.*