Optimistic Spark
One/One
Virtual Executive & Life Coaching
Imagine a large, tall, explosive, fast, modern, shiny, metallic and awesome device that launches you from one location to the next…that’s right, one of those colossal NASA type rockets. Now imagine that beyond transporting you physically, this rocket can take your entire life and ‘transport’ it to another place…another level…a place where your life becomes absolutely INCREDIBLE! This is the essence of Optimistic Spark Around the Clock. The Optimistic Spark mindset allows you to take charge of your life with a positive power to be a more resilient and productive contributor to your own life as well as your surrounding environment.

“Coaching sessions is about injecting dosages of optimism by objective alignment, venting stress and anger, building self-esteem, gaining confidence, re-focus, strategize, prioritize, and take small improvement steps.”

Author - Yasser Shaker
Optimistic Spark Center – a global leader in building leaders’ positive mindset and optimism—now offers one/one coaching to:

- Help people learn new concepts,
- Cross the bridge from "learning" to "doing",
- Help drive personal and organizational success &
- Empower manager to develop their leadership skills, build relationships, overcome challenges, accelerate their development, and achieve their goals

The reality is that even long-standing managers can benefit from the opportunity to step back from the day-to-day demands and focus on boosting their critical skills for further professional growth. The coaching relationship is also an opportunity to explore management techniques that may not be working anymore with Gen Y employees. Coaching is an opportunity to re-ground and re-energize the manager.

Coaching in organization and leadership settings is an invaluable tool for developing people across a wide range of needs.
Coaching ROI;

86% of companies report that they recouped their investment on coaching and more (source: International Coaching Federation ICF 2009).

One/One Coaching journey objective:

- Explore root causes behind current challenges,
- Decrease stress & anxiety levels,
- Channel negative thoughts towards positive attitude,
- Increase coachee’ self-awareness & self-confidence,
- Empower coachee with positive mindset tools, health and wellness tips,
- Build an achievable action plan,
- Follow up on agreed upon progress activities.
Key Learnings:

- **Address** challenges and apply positive psychology approach to resolve them,
- **Follow** SPARK model process to overcome challenges efficiently,
- **Stop** self-sabotaging behaviors,
- **Increase** social intelligence coping mechanisms,
- **Develop** highly effective goal-setting and problem-solving skills,
- **Reduce** stress levels for a better engagement and impact,
- **Experience** an increase in self-esteem and self-confidence,
- **Improve** goals management and personal performance,
- **Increase** personal positive capacity and techniques to overcome challenges.
One/One Coaching Program Logistics:

**Length:** Three consecutive months, or quarterly

**Duration:** 50 min

**Interval:** 2 times / month

**Number of sessions:** from 6 up till 9 sessions

**Coaching method:** Online “Zoom web conference -software”

**Coaching place:** Client premises or online

**Who should attend:** Team leaders, functions heads, line managers,

**Number of attendees:** 1 manager

**Number of attendees per day:** Up to 10 individual sessions / day

**Content of sessions:** Client’ demands + skills and tools building

**Coaching methodology:** Assessment, assignments and tools practices,

**Coaching Therapy:** Cognitive Behavioral Therapy, Solution focused therapy, positive psychology approach.
When to take one-to-one Coaching sessions?

Coaching provides an invaluable space for personal development. For example, managers are frequently presented with employees struggling with low confidence. The traditional approach would be to send them to an assertiveness course and hope this addresses the issue. In the short-term, the employee learns new strategies for communicating which may improve confidence. Unfortunately, in isolation these courses rarely produce a sustained increase in confidence. Although external behavior may change; it needs to be supported by changes in their internal thought processes. This is often where coaching is most effective.

How Coaching Progression Works?

1. **Establish relationship** “Client engagement and building trust and strong communication.”

2. **Motivational interviewing** “Raises clients’ awareness of problems and possibilities, clarifying personal strengths, values and desires.”
Wellness vision “Creative statement by the client that reveals his/her highest potential and can include physical, emotional, social, spiritual and financial realms of their life.”

Guiding the agenda and goal setting “Formulating and tracking and empowering specific goals to move in the direction of his/her newly formed desires.”

Intersection with related disciplines “Explain and empower the client to practice optimistic spark 12 competencies and 33 tools, and techniques.’

Empowerment and Social integration “Focus on the client being the expert, allowing the client to be in control, create daily routine. Shift the client attention to community life and social causes.”

Client education “Maintain client’ positive vibes through increasing their knowledge with online assessments, blogs, booklets, pamphlets, video and audio books.”
Optimistic Spark book is particle guide to move from Overloaded or Overjoyed. What you need is a simple / single system to make positive changes in every dimension of your personal and professional life. Optimistic Spark with its 6 dimensions and 36 Roles is A step-by-step system to get you on, and keep you on, the path to true positive mindset and optimism. Positively impacting your work, your home life and every relationship you have along the way.

The Zoo Leader book empower individuals who believe their targets can be achieved and talents can be developed (through hard work, good strategies, and input from others) have a growth mindset and lateral thinking approach. Think with a mindset of 12 different species; Lion, Snake, Eagle, Hyena, Shark, Ants, Crocodile, Octopus, Bees, Monkey, Lizard, Deer. Bring innovative solutions based on each specie winning strategies. The book advocates the power of lateral thinking the “movement value” of statements and ideas. A person uses lateral thinking to move from one known idea to creating new ideas.

The SPARK model is a practical tool for personal leadership, team engagement, and an optimistic life. It is drawn from proven, scientific teaching methodologies, brain-based coaching. The five-step process that includes 12 competencies and 33 tools is designed to move people from illness to wellness, from pessimism to optimism and from inaction to action. The result: a profound increase in a positive can-do attitude, emotional intelligence, and personal performance. Each step builds on the competencies and skills learned in the previous one, until participants reach a mastery level.
Business benefits of one/one coaching:

80% of people who receive coaching report increased self-confidence, and over 70% benefit from improved work performance, relationships, and more effective communication skills, improved business management with 61%, improved time management with 57%, improved team effectiveness with 51%.

Some of the most common benefits described by Coaching.com client organizations include:

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<thead>
<tr>
<th>Benefit</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Improved Relationships</td>
<td>77%</td>
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<tr>
<td>Improved Teamwork</td>
<td>67%</td>
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<tr>
<td>Improved Job Satisfaction</td>
<td>61%</td>
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<tr>
<td>Improved Productivity</td>
<td>53%</td>
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<tr>
<td>Improved Quality</td>
<td>48%</td>
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The personal benefits of coaching are as wide-ranging as the individuals involved. Numerous clients report that coaching positively impacted their careers as well as their lives by helping them to:

- Establish and take action towards achieving goals
- Become more self-reliant
- Gain more job and life satisfaction
- Contribute more effectively to the team and the organization
- Take greater responsibility and accountability for actions and commitments
- Work more easily and productively with others (boss, direct reports, peers)
- Communicate more effectively

(source: Ken Blanchard Companies)

Organization Benefits of Coaching:

- Empowers individuals and encourages them to take responsibility
- Increases employee and staff engagement
- Improves individual performance
- Helps identify and develop high potential employees
- Helps identify both organizational and individual strengths and development opportunities
- Helps to motivate and empower individuals to excel
- Demonstrates organizational commitment to human resource development
Coaching experience is about finding out how to use client’s experiences and empower him/her to come up with their own solutions and holding the clients accountable for some actions. The real value of coaching lies in the process of uncovering and de-layering that leads to identifying the essence of the problem.

Author: Yasser Shaker

When was the last time you felt truly listened to? How often in this world of constant talking and no silence do we get a chance to sit with a problem, and to think it through fully? That’s why a coach merely plays the role of a sounding board.

During the deep and focused listening, the curiosity arises of why? Why is it this way? What makes you think this? Where does it come from? These questions and many more gets the coachee to stop and look at the ‘obvious’ with a fresh perspective. This curiosity, free from judgment, helps us re-evaluate our thinking.
At times we tend to sink into our comfort zones, it’s not called a comfort zone for nothing! It’s comfortable! We like it. Coaching helps us to get out of our comfort zones, by taking small steps. We want to stretch and flex our skills and muscles, without creating such huge leaps that we end up in the panic zone. If we are not challenged from time to time, we don’t grow.

My most favorite part of the coaching session is when a client says: “Oh, I didn’t think of it that way before!” It is this shift in thinking that clears the blockages. The new insight gained creates new energy and momentum to move forward.

Once we’ve arrived at a point where we know what the next step is, we need to ensure that life doesn’t get in the way, that we don’t lose focus on our goals. As an accountability partner, a coach will help you to break down your goals into achievable pieces and support you in your progress. Accountability partners increase your likelihood of success.

Let’s face it: We all need more support. There’s a reason why most sporting activities have supporters. It helps you go that extra mile. We all need someone who will cheer us on and encourage us.
Spark the Optimism Revolution
Author - Yasser Shaker | Igniting & Transforming Businesses, Careers & Lives Through the Science of Optimism

Meet Yasser Shaker, an author, leader in the science of optimism & positive psychology, wellness expert and founder of Optimistic Spark Center who specializes in leveraging optimism to improve personal & professional performance.

Yasser spent more than 10 years as an author, researcher, public speaker, emotional intelligence certified corporate and executive trainer helped managers and their teams succeed by embracing the power of positivity. He knows firsthand how great an impact optimism can have – on individuals, on the overall workplace, and ultimately on the bottom line.

Have worked with and trained executives from a wide range of multinationals, including Allianz, AstraZeneca, Coca-Cola, Ericsson, DHL, Pfizer, HP, LEO, Oracle, Motorola, Macdonald’s, Shell, J&J, Unilever, HSBC, Pfizer, QNB, and Vodafone.

Yasser is trained and was certified by some of the coaching world’s best, including Dr. John Grey, Jim Stohecker and Josh Freedman.
His previous books, Optimistic Spark Around the Clock, The Zoo Leader, His upcoming book – Building Positive Teams – is scheduled for release later this year.
Optimism for Life

Yasser’ mission is to bring hope and optimism to thousands of professionals around the globe. Create positive, engaged employees who drive the most successful companies. Optimistic Spark program incorporates elements of Behavioral Therapy, Emotional Intelligence, Neurology and Neuro-Linguistic Programming. It reflects findings from my ongoing research into the science behind a positive mindset, so I can provide the best possible resources and strategies to help power people to their full potential.

Optimism doesn’t stop when you leave the workplace. It is a skill that carries over to your personal life, improving your emotional intelligence and impacting your overall health and happiness. Join Optimistic Spark coaching programs that are rooted in the science of optimism. Join along the path to a more optimistic world – where engaged, productive, happy employees are the norm, and deliver its best every day, where joy and light surround you wherever you go.
WHERE TO FIND US?

You can also check all of that and more on our official Website:

www.optimisticspark.com

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