

Coaching with **Notre Internationale** centers around **The NotreMethod™** – a proprietary coaching methodology –allows our clients to quickly recognize limiting habits that inhibit **professional growth** and **relationship management**.

Research demonstrates successful leaders possess high levels of self-awareness. We teach buildable skills to quickly recognize unhealthy habits that inhibit personal growth and relationship management.

How Does It Work? We support clients in achieving their personal and professional goals by helping them properly identify the “roots” of their concerns and the steps needed to transform them. Gaining a greater awareness of self is done with skills-based one-on-one coaching, progressive tools and assessments.

How Long Does It Take? Coaching agreements range from six to 12 months and beyond. The length of the engagement is determined by the client’s pace and expected outcomes.

At Notre, we remain flexible and responsive to client needs as they develop and, in partnership with the client, may reshape the program to include other components along the way.

Why Does It Work? Coaching with Notre works because you don’t have to wait for people in your life to change! Almost immediately, our clients are able to sense, track, and document the positive changes in their personal and professional lives. This is because our coaching isn’t predicated on anything other than the clients’ deepening awareness of self and self-understanding.