

## SIGMA LOOP COACHING

# Coaching Brochure

### Reported Benefits of Coaching:

- Improved performance and productivity
- More creative ideas
- Better use of skills and resources
- Improved quality of life
- Greater flexibility and adaptability to change

### How to start

The best way to find out whether our coaching programs can serve your needs is by booking a **free one-hour discovery session**. Our coaching programs are delivered over the phone and are offered worldwide at cost effective prices.

### Our Coaching Approach

Our coaching is based on the EVOLVE, WIN coaching model, which has been developed by Panagiotis Ntouskas. Our coaching is also in accordance to the ICF Code of Ethics.

### What is coaching?

The International Coach Federation (ICF) defines coaching in the following way:

*“Professional coaching is an ongoing professional relationship that helps people produce extraordinary results in their lives, careers, businesses or organizations. Through the process of coaching, clients deepen their learning, improve their performance, and enhance their quality of life.”*

### Coaching Programs

- ⇒ Personal Growth Coaching
- ⇒ Business Excellence Coaching
- ⇒ Transformational Life Coaching
- ⇒ Sustainable Leadership Coaching



### Meet your coach

The Principal Coach of Sigma Loop Coaching is Panagiotis Ntouskas. Panagiotis Ntouskas is a Business Excellence and Personal Growth Coach, accredited by ICF (International Coach Federation). He is a member of ICF and certified as GPC (Certified Professional Coach) by ICA (International Coach Academy). He is also a Management Consultant, owner of Sigma Loop Consulting. He is multilingual (English, German, Spanish, Greek), holder of an EDI Diploma in Psychology and certified NLP (Neuro-Linguistic Programming) Practitioner. He has been practicing meditation and yoga for many years. Furthermore, he is involved in art (for more info check douskasart.com).

