

# tostig - performance in English

outcomes-based coaching in English as a foreign language

*Skype coaching with tostig, what it involves:*

- *We begin with a “warmer” to find out the client's needs and goals.*
- *Time is spent relaxing the client into a comfortable zone and assessing problem areas in grammar, pronunciation and understanding.*
- *Further time is spent, exploring where the client wants to move, how far out of their comfort zone, and in what timescale.*
- *A coaching wheel is drawn up, of goals, expectations and agreed outcomes.*
- *Expectations can be high or moderate, depending on ambition and the precise targets set with the client.*
- *Timings can be regular or one-offs, daily, weekly etc. according to need.*
- *tostig recommend 90 minute and 120 minute sessions for maximum progress.*
- *Follow-up is given in clear outcomes, at the end of each session.*
- *Correction of returned intermediary work and preparation that is done outside the session can also be arranged.*
- *In each session there will be a clear progression in an organised way.*
- *We move from understanding skills, though processing skills, to composition.*
- *This leads to a performance target that can be refined, until it reaches or surpasses the goal set, and geared up to any challenge level.*
- *There is a clear distinction between writing and speaking practice to improve processing and composition skills.*
- *Archived feedback and audio mp3 files are sent of key phrases and model sentences.*

*Our experience and skills:*

- *Coaches with knowledge of sales, marketing and management.*
- *.... experience of public performance and presentations...*
- *.... experience of conflict management and leadership...*
- *.... background in NLP.*

*To summarise:*

- *Techniques that contribute significantly to the client's learning curve.*
- *Proven results with satisfied VIP and CEO and executive level clients, as well as with front office and service-related and sales staff.*
- *Composition skills are guided at the right pace; centred around the client.*

# tostig - performance in English

outcomes-based coaching in English as a foreign language

*Reasons for choosing Skype coaching with tostig:*

- *We provide effective tools for the correction of mistakes with clear direction.*
- *Problems quickly identified, can therefore be remedied much faster.*
- *We help each client see themselves more objectively and become more relaxed with business communication.*
- *Completely flexible, and intensive; flexibility of times means the client joins the session in the right frame of mind; not rushed and unprepared.*
- *Both very practical and extremely effective, Skype saves time wasted in travelling.*
- *The “outcomes-based” techniques lead clients in just a few months, from B1 level to C1.*
- *Progress in understanding of how English works, listening ability and processing skills, enabling the client to compose his/her words much more effectively.*
- *Achieved remotely through Skype, a more effective focus is achieved in the absence of visual clues and the progressive introduction of performance-related elements.*
- *This helps gain a better understanding of how to communicate with others, more calmly and effectively.*
- *The focus on concentration means pinpointing gaps in understanding and improving processing skills.*
- *Enhancements in processing skills enable clients to do things that are not dreamt of previously.*
- *tostig has tools for correcting mistakes phonetically and with coach-led, more acute, active, listening.*
- *Purpose-made coaching wheels tailored to the individual, demonstrate measurable changes in multiple areas of competency.*
- €95 per one-hour session with 20% discounts for coaching plans of 20 sessions +

*tostig – we focus on **your** performance!*

[www.tostig.co.uk](http://www.tostig.co.uk)

