

consulting • coaching • training • facilitation



## ACT HUMAN Coaching Café

at booth number 60, HR Summit 2012  
9th & 10th May

*The Café is open!*

**When:**

Wed, 9th May &  
Thur, 10th May 2012

**Where:**

ACT Human booth number 60  
HR Summit 2012  
Level 5, Sands Grand Ballroom,  
Sands Expo & Convention  
Centre,  
Marina Bay Sands, Singapore

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**Book your free session today -  
it's easy as 1-2-3!**

1. [Click here](#) to register and we will contact you to schedule your session.
2. Arrive at the ACT Human booth 10 minutes ahead of your scheduled session to sign-in and select your coffee.
3. Your 45-minute session with your coach will commence as scheduled.

\*As sessions are limited and by appointment only, do register early to avoid disappointment.

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Come and experience a real coaching session with one of our charming coaches.

A Coaching Conversation is a wonderful opportunity for you to explore your thinking around your personal or professional lives, dreams, challenges and passions and possibly generate new ideas and actions on how to move them forward.

You will also understand first-hand why coaching can be so powerful and how it differs from counseling, training and mentoring.

Who can benefit from these sessions?

Anyone who wants to:

- Clarify work direction and focus
- Start a new career, change jobs, discuss career transition
- Take up a new promotion
- Plan your career
- Rethink life choices
- Rethink health choices
- Evaluate work-life balance
- Build resilience
- Start a new life or define new life goals
- Have something to look forward to in life
- Talk to someone who will listen to you

Your take away? A great cuppa + a great coaching session.  
Who said nothing in life is free? :D

Please note that interested parties will be required to fill-out a pre-coaching and post-coaching questionnaire so we can maximize your experience with us.

We look forward to seeing you at our Café. Don't forget to talk to us about our consulting and training solutions as well!

The ACT Human Team