



**david, i am**

WE CREATE GIANT CONQUERORS

**One-on-one  
Life Coaching  
and Team Building  
with Glen Donaghy**

[www.davidiam.co](http://www.davidiam.co) | 021 029 01370 | [glen@davidiam.co](mailto:glen@davidiam.co)

# One-on-one Life Coaching

“ Glen has been my life coach for approx. 24months. After every coaching session, I am motivated to go to new levels in my life which directly effects my productivity in my work-life balance. Glen always inspires me with a new vigor, giving me practical solutions for everyday situations. I highly recommend Glen Donaghy as a Life Coach. ”

**Temple Paora - Tu Kaha Collective**



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**Glen  
Donaghy**

*Life Coach*

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**80%** of coaching clients say that they improved their self-esteem or self-confidence thanks to coaching.



**73%** of coaching clients say that coaching helps them improve their relationships, communication skills, interpersonal skills, work performance, work/life balance, and wellness.



**51%** of companies with a strong coaching culture have higher revenues than other companies in their industry.





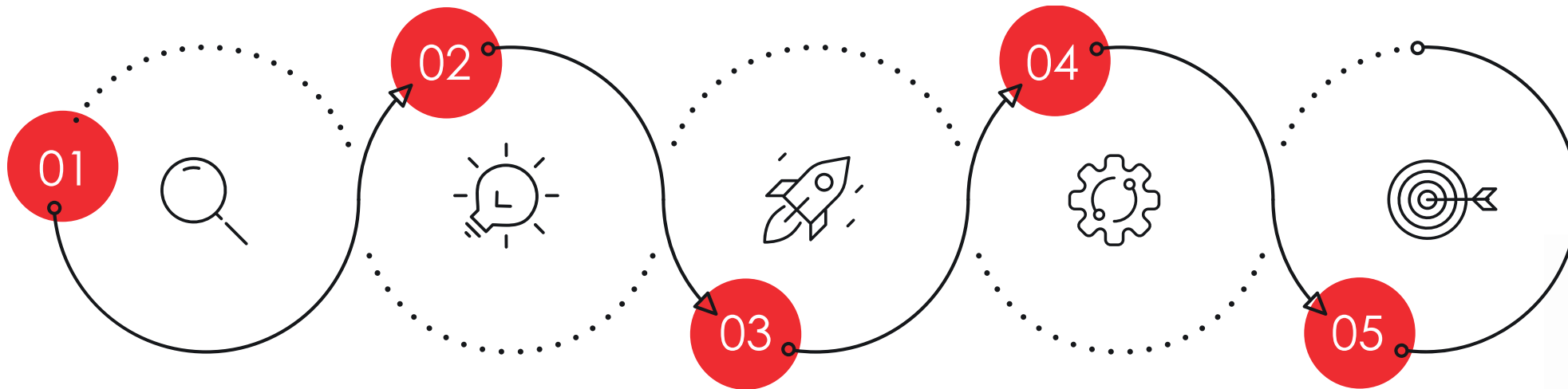
**Glen  
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## The Pathway...



Foundation  
Focus

The Power  
of Vision

Power in  
Your Purpose

Fit to Flow

Walking in  
Potential



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Donaghy**

*Life Coach*

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## One-on-one Coaching Plans

**1 x SESSION  
PER MONTH**

**\$165/MO**

**4 x SESSIONS  
PER MONTH**

**\$630/MO**

Equals \$157.50/session

**6 SESSIONS  
EVERY 3 MONTHS**

**\$840/AN**

Equals \$140/session

# Team Building With FirstOne Table Tennis Club

“Glen’s background in social work, psychology, leadership and team training, combined with table tennis brings a unique mix to the table! Watch your team interact with each other in ways you only dreamed of and reap the benefits in productivity.”

Alex Donaghy



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# FIRST ONE CLUB



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## Half day (4-hour) session includes:

- Reach Psychometric Profiling workshop (approx. 1 hour)
- Table Quadrants – how a team functions
- Feet First, Finish Forward – the importance of balance and forward thinking
- The TCK Formula - Timing, Consistency, Knowledge
- The Mirror – me versus me

Sessions are held in our FirstOne Club, located in Botany, Auckland.

Includes morning/afternoon tea.

Each team member receives a FirstOne t-shirt

Workshop sessions can run for teams of 4 or more.

Call us today for more information.

