



# SESSION

Online Business Coaching

# COACHING EVERYWHERE

We help upskill and develop  
your workforce of tomorrow

# ABOUT

## Session

Session is a global online coaching company connecting professionals and companies with world-class business coaches all over the world.

### WE ARE GLOBAL

No matter where your employees are based, they can access transformative, high-quality business coaching through Session. We facilitate tailored coaching experiences through our coaching platform, making the coaching journey for your employees smooth and easy.

## VISION & MISSION

The vision of Session is to democratize high-quality business coaching and remove financial and location-based barriers to business education.

The mission of Session is to make professional coaching accessible to all.

*Our tagline is:*

**Coaching Everywhere.**

## Here is how it works:

### 1. Get in Touch

Every customer and company is unique. We work with you to identify your specific requirements and select the right coaches for you. We identify what organizational goals, behaviors, changes and mindsets that are essential to your future organizational success, and build a coaching program around your business needs.

### 2. Get Started

Your employees embark on the coaching journey with specially selected, world-class coaches. We jointly set expectations, agree on milestones, and get started. The coaching takes place online – safe, secure, convenient, efficient and valuable – through our user-friendly platform.

### 3. Follow Client Development – Session by Session

As the coaching journey continues, progress is tracked, expectations evaluated, milestones and successes celebrated. The coach helps employees level up their professional skills with challenging and stimulating sessions grounded in applicable business scenarios.



## **Here is what each employee gets:**

### **Monthly Subscription Overview**

**Prices starting at 620\$ a month**

#### **Two online 50 min sessions:**

- Individualised, confidential journeys aligned to employee and strategic organizational needs.
- Sessions can be divided into 2 x 20 minute sessions.
- One session can be moved to the next month.
- Two sessions can be bundled into one longer session.
- Assignments & exercises between sessions.

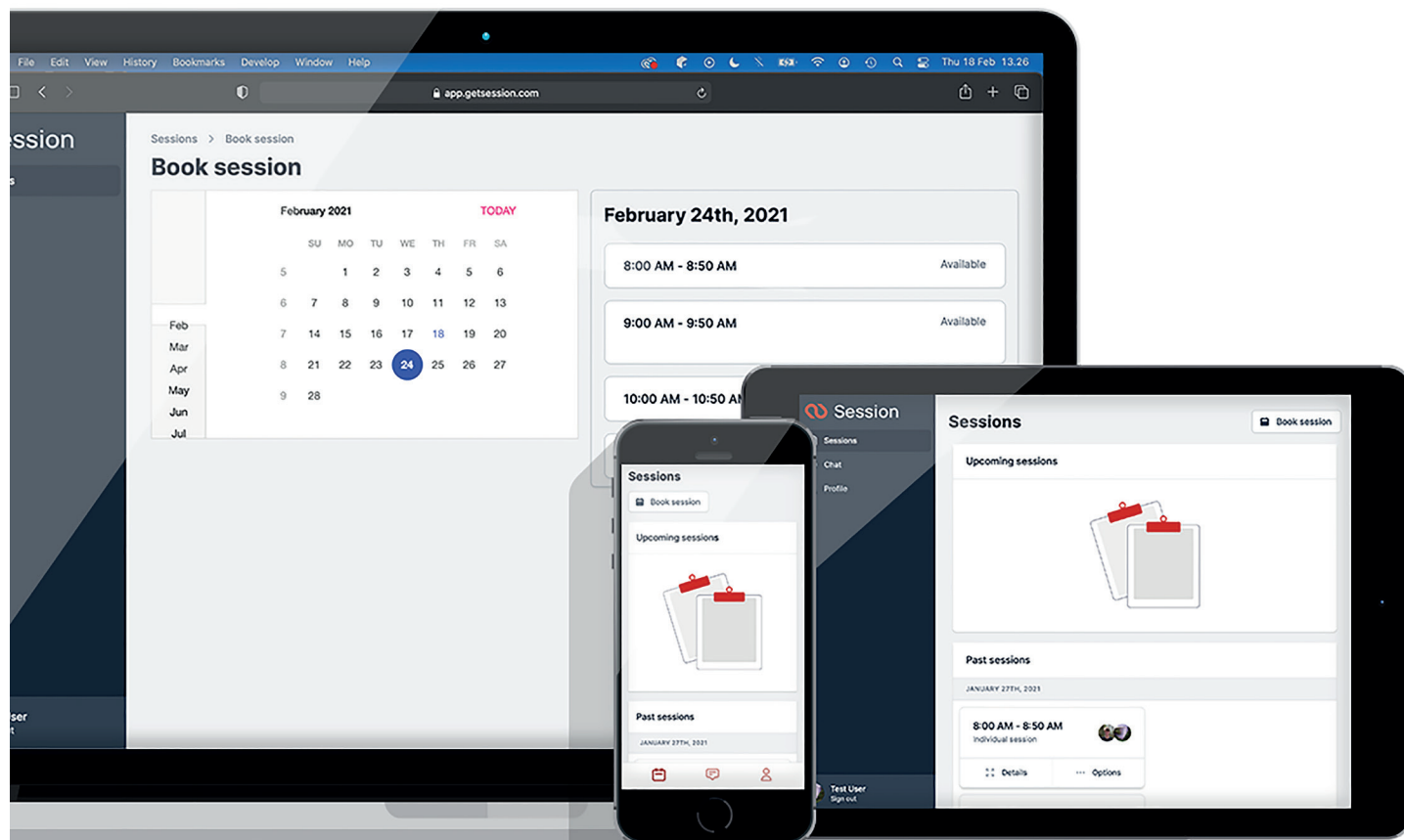
#### **Easy & flexible online booking:**

- Automated calendar invitation with link to online session.
- Flexible online chat & coordination with coach.
- Overview of journey (past and upcoming sessions) available on platform.

## The Session Coaching Platform

Our coaching platform is user-friendly and simple. We have chosen a few features with high impact. The platform is very easy to navigate, and communication, booking, and sessions happen smoothly and effectively. This is what it looks like:





# Testimonials

*Coaching has changed the world for me – positively speaking. Our continued online sessions keeps me sharp, focused, ahead of possible derailers in my own leadership style – and life. I am reminded to use my strengths, to keep on challenging myself, and to help others grow from their strengths too.*



**Martin Gert Hansen**

Associate Manager, Novo Nordisk



*My coach is providing me with the knowledge, resources and practice needed for me to become the leader I want to be and the leader my organization needs me to be. Coaching has accelerated my growth tremendously and enabled me to excel in areas that would have otherwise taken me years to figure out on my own. My coach draws on her extensive expertise when aiding me in my decision making on strategy, organization, leadership, and personal development, and there is no doubt that she has significantly increased the pace and quality of the growth of our business.*

**Maja Vonsild Jørgensen**

COO, Hove A/S





*Coaching has helped me grow as a professional. My coach is in another part of the world, but it doesn't matter, we meet online. This way I can grow and mature my leadership skills, with the best support possible.*

**Linda Mathenge-Mwangi**  
Project Catalyst, Growth Africa

*Being a forefront company, we want to offer our employees support and training which can help individuals grow in alignment with company goals. At the same time, the solution needs to be scalable and global. Session is exactly this. You get 1:1 online coaching sessions with professionals, and the feedback we get is amazing.*

**Jovita O'Byrne**  
Senior Director of People, Tradeshift



*My Session coach really gets the business challenges I am facing. She knows exactly how to guide me to perform better in the organizational settings I am operating within.*

**Peder Nørskov Madsen**  
Director of Procurement, Ørsted

## Why business coaching? :

- Coaching is the most effective method to boost individual professional performance and development - with a proven ROI.
- Coaching upskills employees in areas identified as important for them to excel in their position.
- Coaching is continuous professional development and keeps employees sharp, and ready for the future.
- Coaching gives struggling employees an opportunity to understand their strengths and better apply them into play in their day to day roles.
- In short: Coaching is a gift!

## Why online coaching?

- It is an accessible, user-friendly and an effective way to connect with a coach regardless of obstacles.
- Virtual sessions are socially safe, flexible & minimally disruptive to employee schedules.
- Digital delivery efficiently connects you with the coach.
- It is cost & time efficient. No traffic jams, time wastage, schedule clashes or costly room bookings.
- The Session platform and app makes communicating with the coach, scheduling and accessing online sessions smooth & simple.
- Payment made simple: Coaches are paid monthly by Session for completed coaching sessions. Invoices are generated and sent to clients with an overview of the sessions completed. Coaches are issued a statement of earnings for their records.

# Upskill and Develop your Workforce

Professional coaches help your employees and leaders upskill and develop themselves within areas such as:

1. **Communication** – refining the ability to communicate well with stakeholders and deliver messages in a clear and easy-to-understand way.
2. **Emotional Intelligence** – exercising the ability to put oneself in other's shoes, empathize, choosing the right moment to approach topics, regulating emotions, and motivating others.
3. **Change Management** – strengthening the ability to drive projects forward and lead teams towards a common goal.
4. **Selling** - ability to communicate the value of a product or service and hit sales targets.
5. **Time Management** – using time effectively in an organized and strategic manner for the benefit of the company.
6. **Resilience and Stress Management** – improving focus, mindfulness, presence, staying calm in times of turmoil, sudden change, and unforeseen events.
7. **Teamwork** – collaborating successfully with colleagues in pursuit of challenging goals.
8. **Self-confidence** – enhancing self-belief to carry oneself with poise and impart the fortitude to endure when needed.
9. **Strategic Thinking** – augmenting foresight to craft plans that move the company in the right direction whilst serving the overall vision.
10. **Decision Making** – instilling the confidence to make educated and informed decisions based on inputs from the relevant stakeholders.
11. **Relationship Building** – equipping the skills to cultivate a network and form relationships with key stakeholders.
12. **Execution and Productivity** – engendering the drive to get things done!
13. **Innovation** – emboldening the creativity to find new ideas, and bring them to life.

## Session's Professional Business Coaches:

Session only recruits professional, industry-tested coaches!

Session's coaches are highly qualified professional business coaches, ready to help clients succeed. Selection is based on the following criteria:

### Relevant Education

Licensed Business Psychologists or certified and licensed by a world leading coaching associations or other relevant education. All Session coaches are engaged in a cycle of continuous education, feedback and supervision.

### Elite Business Acumen

Deep knowledge and experience derived from many years of coaching in modern organizations. Skilled at constructing programs targeted at resolving specific organizational challenges and helping clients reach strategic goals.

### Tenured Experience

At least 5 years of Professional Business Coaching in organizational settings accompanied by stand-out reviews from clients.

### Mindfulness

Our coaches care deeply for the clients and the organizations they work with. Each coach shows up with presence and acts ethically with integrity and confidentiality.

### Ready for the Online

All of our coaches are ready and experienced in delivering world-class online coaching. The art of coaching online takes practice, and our user-friendly platform facilitates the experience.



## Sessions Coaches are Global

Our coaches span all time-zones & hemispheres

We have coaches fluent in the following languages

- English
- Spanish
- French
- Portuguese
- Swahili
- Danish
- Swedish
- and more!



## As a collective community, we subscribe to the following coaching philosophy:

**We build on strengths.** We identify strengths in people, systems, and structures. We build on these throughout the coaching journey to overcome barriers and challenges.

**We imagine the next new.** We look to the future and ask: “What if?”, “What’s possible?”, “What’s emerging?”. We look beyond the existing.

**We care.** That’s it. We care! Care for people, the planet, organizational life, Startups, corporates, leaders, and employees. And families and pets too :-).

**We believe in body-awareness and presence.** We stay present, tune in, listen to and care for our bodies. We believe there is wisdom hidden in our bodies and presence.

**We experiment.** We try things out, gather feedback, learn, and adjust. We are curious, investigative, and driven by doing.

**We act with integrity, behave ethically and keep confidentiality.** We build trust by keeping our promises and knowing our own strengths and limitations.



## About Pernille Hippe Brun Founder and CEO of Session ApS

- On a mission to make coaching accessible to all.
- Business Consultant, Executive Coach, Board Member, and Speaker.
- Masters degree in Business Psychology from University of Copenhagen and University of California, Irvine.
- Authorized and Licensed Specialist in Business Psychology
- Further educated within Change Management from Weatherhead School of Management, Ohio/US (Appreciative Inquiry) and MIT, Boston/US (the Theory U/Presencing)
- Coach Education from Center of Cognitive Science, University of Oxford and The Solutions Focused Institute, London/UK
- Executive Board Certification from SE-institute/INSEAD (DK/France)
- Member of International Coach Federation and Forbes Coaches Council
- Author of several books on leadership: "Strengths-Based Leadership Handbook" and "On the Move - lessons for the Future from Nordic Leaders".
- Leadership facilitator at E-MBA programme in Kenya, started in collaboration with Copenhagen Business School.
- Lived and worked in and from San Francisco in the years 2013-2016
- Large network of Coaches and Consultants from all over the world

**Contact information**  
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# Get in touch!

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} on our website [getsession.com](https://getsession.com) to get your *free* copy.

**Session ApS**

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