

coaching

Experience gives us skills and knowledge but it also creates beliefs about the world we operate in and the potential of ourselves and others around us. While some of those beliefs are positive, others will be limiting – “I have tried that before and it never works....”

We believe the role of a great coach is to help you to set your sights higher and to think and act in new and creative ways to achieve your goals.

Who is it for: Emerging and established leaders looking for support in their efforts to improve and develop their performance and impact in the workplace.

What to expect: Our 1:1 coaching programmes are designed around the needs of the individual within the context of aims and objectives agreed with line managers. The 6 to 12 month programmes can include specific leadership development work, peer feedback, as well as goal centred performance coaching.

Outcomes:

- Clear, goal centred approach
- Developing leadership skills
- Alignment between personal and organisational goals
- Confidence, energy and proactivity

"The opponent in one's own head is more formidable than the one on the other side of the net."

Tim Gallwey

