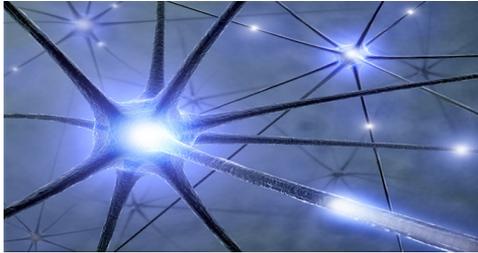


Executive & Personal Coaching



Coaching

Change.....Accelerated



Why Invest?

Coaching can help with:

- Creating new positive behaviours
- Breaking through from stuck thinking
- Building confidence
- Clearing limiting beliefs
- Clearing anxiety, fears and phobias
- Improving relationships
- Goal setting & action planning
- Creating and restoring choice and direction in your life
- Gaining perspective

We often hear about many types of coaching in today's world, from 'life coaching' to 'executive coaching' and from 'business coaching' to 'performance coaching'.

So what is coaching? Coaching is...

A confidential and equal relationship

where we help you to; identify the areas in your life that you want change in, define your goals and support you in achieving them.

A structured conversation

with someone who is unbiased and non-judgemental to your situation. We can have this conversation face-to-face, over the phone, at your place of work, your home or a venue of your choosing.

An empowering process

that builds on your experience, knowledge and abilities; one that encourages you to find and explore your own solutions.

A way of producing meaningful change

in your environment, in your behaviours, your skills and abilities and your values and beliefs. In coaching we work with the whole person and at all of these levels.

Testimonials:

Public Sector Manager:

"The coaching process has been extremely enabling allowing me important time for reflection. Your questions have been challenging and at the same time, non-judgemental, allowing me to explore my current working practice and to change the small things in my practice that will make the biggest difference."

Who is it for?

- Anyone - The difference between executive and personal coaching is simply context.

Dates & Locations:

You decide! We don't mind if it's coaching you in the workplace, a walk and talk in the park or a place where you feel relaxed and comfortable to make the best change happen.

How much?

All of our coaching solutions are bespoke, unique and with you in mind. Contact us to find out more. Our coaches are qualified in the use and application of NLP and are experienced coaches.

Developing
Potential (UK)



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