

Coaching

Description

Are you in a challenging leadership position, taking on a new role or preparing for a significant step-change?

Coaching can help by providing a safe, structured, and trustworthy environment in which to support and equip you to fully explore options and come up with new solutions and strategies.

Individually tailored, coaching programmes involve a close and confidential relationship between the coach and the person being coached.

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Leadership Coaching

Meeting one-to-one with leaders, senior managers or politicians, coaching brings the best out of people and inspires improved performance.

We will review what you have done, analyse your strengths and areas for development and then identify your specific objectives. If you wish, others can be involved to see what they believe your targets should include.

Sometimes beliefs or past experiences may be getting in the way. We will use a range of effective tools to assist you to move beyond these issues in a healthy and comfortable way.

We will agree appropriate actions for you to take to progress towards your goals. Most importantly, we will measure your progress and deal with any concerns.

Work Transition

For most people, work transition represents a major life change.

You may be considering â??reshapingâ?? your career. Coaching is the perfect approach for examining this type of work transition. Reducing work hours, changing to a portfolio career including paid and unpaid activities, or retiring from paid employment might be examined. This broad range of options focusses on feeling fulfilled, creativity and achievement.

Work transition coaching can be used to analyse what you have valued/achieved and any areas of disappointment. It looks at your current situation and options as well as â??what is left to be doneâ?? in work, social and creative life. Considering financial resources is likely to be important as is home and family.

Identifying and measuring progress against goals is vital in any coaching programme. With work transition there can be quite a long â??exploratory phaseâ?? â?? jumping to conclusions may not provide the best direction. I find itâ??s important to support clients in the â??not knowingâ??, a stage which can be uncomfortable/frustrating but is likely to be worthwhile in the long run.

How often do we take the time to assess life direction and re-evaluate how we will get our needs met in the medium and long term?

Programme Structure

Coaching programmes begin with an interactive session to determine the shape and aims for the programme, followed by completion of a detailed review at your own pace.

We will then meet to agree measures of success and actions for you to take to move towards your goals. This will focus on specific work that we need to do together that has arisen from your review, as well as identifying actions you can undertake in order to move forward.

Programmes comprise of eight one hour sessions. These can be conducted in person, online or by telephone.

Testimonial

â??I probably wouldnâ??t have got through the particular set of circumstances we faced without the coaching!â??it helped me to see the wood from the trees and get through to the other side.â??

Chief Executive of Housing Association

[Get In Touch](#)

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