

Coaching



We help our clients determine the most suitable development solutions for their people. Coaching offers a tailored development solution and can be done as part of a development programme or as a stand alone solution.

◇ **Individual Coaching Programme**

Entirely tailored to the individual coachee's development goals. Typically 6 – 8 individual 1- 2 hour sessions over a number of months. We work flexibly with our clients to agree timescales.

◇ **Individual One-Off Coaching Sessions**

To deal with a specific, short-term development goal.

◇ **Group Coaching Programme**

Structured to suit the group's needs and timescales. Great for existing team development as well as new project teams.

"The coaching session was excellent and helpful on multiple issues. Shona is very good at helping you get to the root cause of your challenges or issues"

◇ **2 Day Coaching for High Performance Course**

Provides leaders with the tools, techniques and confidence to be a great coach, supporting their team's growth and development for better performance and maximising the team's potential.

◇ **Developing Inspirational Leaders Programme**

This very popular and highly effective modular programme is offered with individual coaching between modules to embed the learning back in the workplace. It is tailored to both the developing leaders' and organisations' needs and can vary in length from 3 months to 2 years. There is also an option to work with our partners, to build and test out leadership skills through a variety of unusual activities and exercises, promoting a blended learning solution.