



# Resilience & Confidence Coaching

Everyone needs coaching at **different stages** of their careers and lives. Whether to gain clarity in your vision to **positively move forwards** in life, or to discover new techniques to help you become a **stronger, more focused** and driven version of yourself.

All great leaders and people in powerful positions need someone objective to help them find the right way forwards.

**So do your employees.**

Providing your people with regular coaching benefits them as individuals, providing them with **essential skills** and techniques to help them become more resilient. And as they grow and improve, they're helping your organisation to thrive too.

Providing your employees with this valuable coaching opportunity will, in turn, help them feel **validated** and cared for. It will improve motivation and **boost loyalty** to your organisation. And your organisation will become known as an employer of choice, helping to attract new talent.

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## What to Expect with Ian's Coaching

- Helping individual employees **unlock their full potential**, Ian's friendly yet focused coaching style always gets excellent results with willing participants. Ideally, they should start the sessions with an idea of what they need – a goal, area for improvement or an issue to overcome.
- Ian's coaching process helps people to recognise when difficulties may arise, and then either minimise them or **confidently traverse those bumps in the road**.
- Throughout their regular, confidential discussions, Ian will share techniques to help your employees achieve their goals and tasks more efficiently and effectively.
- One of the techniques they'll learn is Ian's **GROW** process. It helps people to focus on achieving goals, creating new habits or successfully completing a challenging project.

### Coaching options include:

- A block of coaching sessions for a number of staff members
- Coaching in teams or individually
- Initial packages start at 6 sessions per individual
- Coaching sessions can follow on from one of Ian's workshops

Get in touch to discuss your specific needs. And be assured that discussions had in every coaching session are completely confidential between Ian and the individual.



To discuss how the **Resilience and Confidence Coaching** will help you and your employees to be more productive, focused and purposeful, call or email Ian.

