



*We exist to:*

# **Make Work Better!**

*We do that by:*

**Changing the way people think about leading and managing**

*We achieve that by providing*

**Coaching Enablement Solutions**

## There's a shift going on in the world of organisational development.

- Employee expectations and the behaviours for success are changing
- Training, on its own, doesn't create sustainable change
- Coaching addresses mindset and behaviours, creating longer-term change





**A COACHING CULTURE** is a place where **AUTHENTIC LEADERS** and **MANAGERS** help people to **GROW, THRIVE AND PERFORM** through **EFFECTIVE CONVERSATIONS** and **HONEST FEEDBACK** underpinned by **TRUST**.



## What are our solutions?

- Easy to use, purpose-built solutions that help your organisation to grow, thrive and perform
- Available on digital and face-to-face
- Available across all platforms
- Wide range of topics covered
- Totally secure
- Accessible from one platform



### Mindset

Making coaching more **affordable and accessible**



### Lessons

Giving everybody **the capability to coach**



### Feedback

Making feedback **part of everyday life**



### Assessments

Raising awareness of **hidden strengths and areas for development**



### Surveys

Unlocking the power of employee feedback to **gain data-driven decisions**



### Performance

Building trust and driving performance through **coaching conversations**



### Workshops

Facilitated **capability-building** workshops

# Mindset

- Library of digital self-coaching modules
- Choice of 24 modules
- Tailored exercises based on an initial self-assessment
- Designed to change behaviours for the long-term

## The entire module library:



Emotional intelligence



Fear (of failure)



Fear (of success)



Focus



Growth mindset



Self sabotage



Creativity



Happiness



Imposter syndrome



Mindfulness



Motivation



Stress test



Confidence



Ostrich syndrome



People pleasing



Perfectionism



Positive attitude



Values



Change readiness



Procrastination



Resilience



Responsibility



Self discipline



Wellbeing

# Lessons

- Comprehensive suite of e-learning topics
- Thousands of hours of distilled coaching experience
- 25 bite-sized lessons
- Cover many valuable coaching topics
- Printable workbooks included

## Topics include:

### COACHING FOR NON-COACHES

- Introduction to coaching
- Coaching essentials
- Using coaching models
- The power of silence
- Giving effective feedback
- Creating accountability
- The art of listening
- Building trust and rapport
- The importance of goal setting
- Asking powerful questions

### COACHING CONVERSATIONS

- Effective coaching conversations
- Coaching conversations with remote workers
- Coaching conversations during redundancy
- Coaching for difficult conversations
- In-the-moment coaching conversations

### COACHING FOR MINDSET

- Coaching for resilience
- Coaching for emotional intelligence
- Coaching for wellbeing
- Coaching for growth mindset
- Coaching for change

### COACHING FOR SKILLS

- Coaching for focus
- Coaching for creativity
- Coaching for time-management
- Coaching for communication
- Coaching for delegation

# Workshops

- Highly engaging group workshops
- Designed to build coaching capability in your organisation
- Facilitated online or face-to-face at your chosen location
- Delivered by a team of coaching experts



## COACHING WORKSHOPS

1. The coach mindset
2. The skilled coach
3. Coaching conversations
4. Transformational conversations
5. Embedding a coaching culture

## LEADERSHIP WORKSHOPS

6. Building trust and psychological safety
7. High performing teams
8. Leading an organisational coaching culture

## WORKSHOPS FOR ALL

9. Giving and receiving feedback

9 topics to choose from!



# Don't just take our word for it...

