

# **LEADERSHIP COACHING**



I help committed leaders who want more success, to discover a leadership style with more impact and purpose with less burnout

### THE BENEFITS OF COACHING

- Enhances self-awareness: Helping leaders recognise their strengths, weaknesses and blind spots to improve decision-making and emotional intelligence.
- Develops key leadership skills: Foster essential abilities such as communication, strategic thinking, conflict resolution and team management to lead effectively.
- Drives personal and organisational growth: Empowers leaders to set clear goals, overcome obstacles and create a positive impact within their teams and organisations.

## WHAT YOU CAN EXPECT

- A highly personalised approach: Each session is tailored to you. We'll agree your priority prior to each session.
- Blended learning experiences: Using a combination of structured masterclasses, after call assignments, visualisation exercises, reflective questions, reframing of limiting core beliefs and book recommendations.

**ABOUT ME** 



#### **20 YEARS COACHING EXPERIENCE**

An authentic, trusted ILM 7 and NLP coach and retreat leader who combines my vast skills from my own 20-year career in People & Culture



#### STRATEGIC LEADERSHIP **BACKGROUND**

With experience as an HR Director and Non-Executive Director, I bring a unique advantage of having advanced through leadership roles bringing real-life experience



#### PRACTICAL AND TRANSFORMATIVE STYLE

My coaching is practical and includes masterclass techniques, while also uncovering limiting core beliefs to facilitate deeper personal and professional growth

