

# Leadership Development & Coaching



“Step forward into growth, or backward into safety”  
A Maslow

## What is it?

Leadership development and coaching is a partnership between you and me, where I provide structure, support, feedback and challenge to cultivate your growth. Sometimes you may need wider development approaches, direct advice or just a sounding board. Leadership development and coaching is really about increasing your self-awareness and understanding how you work, how you work with others and your team, and understanding wider system impacts. This in turn supports the outcomes you need.

## Why does it work?

Leadership development and coaching is tailored to your circumstances and your individual needs. I draw from my large toolkit of coaching, team coaching, applied positive psychology, change management and strategic tools and methodologies as appropriate. We will experiment and imbed the tools that work for you.

## Who will benefit?

All professionals and middle/senior leaders.

## What is the benefit?

Leaders needing to grow and improve these areas: high performance, dealing with change and uncertainty, effective leadership, good decision making, effective change management, stronger relationships, career management and many other results.

## Who uses it?

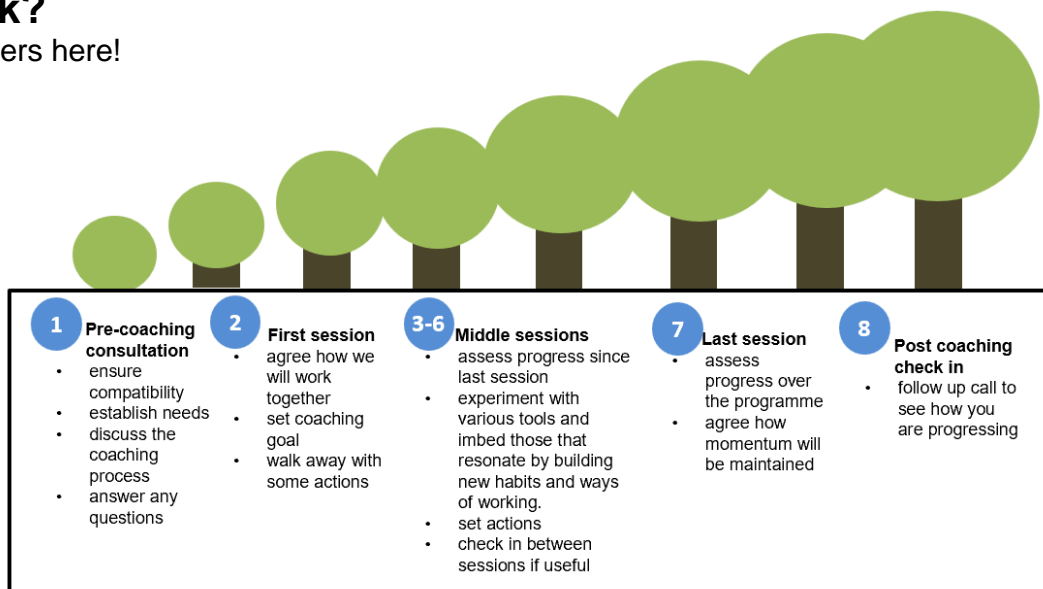
Clients include professionals and middle/senior managers including accountants, lawyers, project managers, engineers, general managers, procurement managers, information technology professionals, operations managers.

## How does it work?

There are no cookie cutters here!



However, to give you an idea, a typical package might include 6 hours of session time over a 4-month period, with a pre-coaching consultation and a post coaching check-in. Sessions may be in person or virtual.



## What next?

Contact me for a no obligation chat about your potential growth story

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