

Coaching and Mentoring Services & Workshops

Intensive Problem Solving Coaching Session

Suitable when you need to make a decision on something big in a hurry.

Firstly we have a 30 minutes telephone conversation to set the scene this is followed by a 2 hour face to face session where you will leave with your answer and an action plan.

Personal Career Development

Great when you are at a crossroads – Successful but undervalued? Unexpectedly looking for new opportunities? Needing some direction?

We work together for a minimum of 3 x 1.5 hr sessions. Included; CV surgery, image and confidence improvement and interview preparation & all the material included in the Confident Career Workshop. These sessions can be conducted face to face/Skype or on the phone.

Confidence & Self Esteem

Powerful tools to show you your true potential and give you all the tools you need to improve every aspect of your life. Over a minimum of 4 x 1 hr sessions we identify what motivates you, do an image & presence audit, develop, explore what the Law of Attraction can do for you and identify the goals and action plans you want to keep. These sessions can be conducted face to face / Skype or on the phone.

Relationship

In a minimum of 3x 1 hr motivational sessions we work together to identify what you want and need from the people around you and how you can get it. You set clear goals and action plans on how to improve or enhance the relationships that matter to you. These sessions can be conducted face to face/Skype or on the phone.

Individual Coaching Sessions

If you've already worked with us and just need a top up session – these are for you. Bespoke 1 hour sessions working with you on your goals and helping you live the life you want and deserve. These sessions can be conducted face to face/Skype or on the phone

Phobias

These are bespoke sessions created to suit your needs. No minimum requirement as most clients find improvement after 1 session and then only may require a top up session. Contact us for more details. These sessions are conducted face to face.

CV Surgery

Do you have a CV? If you do and you are finding you aren't getting the interview invites you know you deserve let us help improve your chances by suggesting some changes to your CV.

If you don't we will help you create a fantastic CV and give you our top tips on how to get invited to interviews.

Our expert has been Head of Recruitment for a FTSE 250 company and knows what a great CV looks like and has worked with 100's of candidates to help them find excellent jobs. This session uses a mix of email and a 30 minute telephone conversation.

Mock Interviews

You provide a CV and details of the job you are looking for and you will be given a 30 interview by an expert recruiter, followed by 30 minutes feedback on your answer style and personal presentation. This session is conducted face to face.

Corporate & Education Clients

We offer a range of bespoke Executive, Change Management, Team Building, Leadership, Self Esteem, Career and Presentation coaching for corporate clients and Educational Establishments. These are conducted on site or at a location to suit the clients needs, please contact us directly to discuss

Mentoring

One for all successful professionals who recognise the benefit of having a fortnightly conversation with someone who is dedicated to helping unlock your potential and getting you from good to great faster than you could achieve it on your own. The sessions are tailored to fit in your diary fortnightly usually last between 30 – 60 mins and are conducted over the phone / Skype.

Workshops

Confident Career Workshop

A 3 hour power packed interactive session where you'll learn what makes a great CV, how to make sure you recruiters can find you, how to target the companies you want to work for, what are the different types of assessments you might , planning for an interview or presentation and getting the job you want.

Superhero Single Parent Workshop

A fun filled 3 hours where you'll leave with your own set of Superhero powers. You'll develop a plan on what you want your life to look like and how you can achieve it, you'll unlock new and renewed self esteem and confidence; you'll decide what Superhero power you want and then develop the skill to call on it anytime you want. You'll learn how you and your family can live a happier more fulfilled life.

Confident Kids Workshop

3 hours of interactive fun to help you and your child be filled with confidence and self esteem that will last a lifetime. You'll understand what makes them tick, how to boost their confidence if it slips, understand their view of the world and be able to support them achieve their dreams aspirations.