

Coaching + Mentoring

Perfect for those people who would benefit from a coaching approach coupled with tips, advice and direction from someone with experience in the areas of development.

Taster Sessions

Ideal for 'dipping your toe in the water' of coaching. After 2 or 3 sessions, you'll have an idea of how a coaching relationship works, how coaching is working for you and how you want to take things forward.

Light Touch

Brilliant for when you have lots of people you would like to benefit from coaching. Light Touch typically includes 2 x 121 sessions and 2 x group sessions per person. Coachees then undertake ongoing group sessions independently.

Bespoke Coaching Programmes

Block Booking

You've had coaching, you benefit from coaching and you know that having a block booking of sessions that you can draw down over the year, at the times you need them most, is exactly what will serve you best.

Anything Else

If your bespoke needs are not covered here, we may still be able to help. Contact us to discuss your requirements and we'll let you know how we can help.

Coaching Observation

If you already have coaches in your organisation, it may be helpful to have an external, qualified coach conduct some observation and feedback sessions to help support their development and elevate their performance.

Get in touch

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