coaching

Developing your current and future leaders through coaching can deliver high performance behaviour, optimum performance, strong engagement and development of potential.

Coaching is a useful way of developing people's skills and abilities, and of boosting performance. It is a positive and proven approach for helping others explore their goals and ambitions, and then achieve them.

Coaching sessions will typically focus on helping the coachee discover answers for themselves. After all, people are much more likely to engage with solutions that they have come up with themselves, rather than those that are forced upon them!

We take a flexible approach to coaching – it may be a long term development solution, or you may want to help someone deal with a specific challenge in a one-off session.

You may find it beneficial to use an experienced qualified coach to:

- Foster discussion of new ideas
- Gain an outsider's objective perspective
- Clarify, expand, and articulate the client's vision
- Provide a safe and secure outlet for the client to vent before moving forward
- Point out what the client cannot, will not, or does not see
- Help clients to see, feel, sense, measure, and process information
- Help clients to effectively utilise their technical, management, and leadership competencies and stay aligned with their personal and organisational visions, missions, and values

"This was the best 2 hours I have spent in a long time. I gained some very useful skills & it helped me recognise areas in which I am able to improve to better achieve my goals"

"Great listening skills, gave me lots of time to think & reflect which I don't usually get, asked some really searching questions which made me examine my situation from totally different perspectives."

"The sessions have been incredibly helpful at focussing my attention % effort on the right priorities."

Call us on 07738900038, or email enquiries@mitchellpalmer.co.uk to find out how we can help you to develop potential.