

## Executive Coaching

Coaching is a solution for those executives that wish to focus specifically on developing what *they* do well and to explore strategies to overcome their individual challenges. We recognise that you are individual, with a range of business pressures and unique development requirements. Hence our one to one coaching sessions are customised to your specific needs to help you to build on your individuality and not to try to turn you into something you are not.

### How does it work?

We regularly work with a wide range of senior managers and management teams from private and public sectors we recognise that each person is different, so our one to one coaching sessions are customised to your specific needs.

Our executive coaches are all specialists in their field and are able to work at your level and pace.

Prior to running any session with you we will arrange for you to discuss things with the coach who will be working with you to ensure that we are able to make the best possible use of your time.

### Methods

We can provide coaching via a range of methods:

- ✦ Face to face
- ✦ Telephone Coaching
- ✦ Facilitating progress amongst teams
- ✦ A range of blended methods including customised learning materials and short training and development sessions

### ExPreSS Clients

Our clients have previously used this service to prepare for:

- ✦ Charing conferences
- ✦ Collecting awards on TV
- ✦ Managing press conferences
- ✦ Prior to announcements – mergers and acquisitions
- ✦ Exploring personal & team conflict