

BRITISH SCHOOL OF COACHING

www.britishschoolofcoaching.com



COACHING SERVICES



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Types of Coaching



Coaching is an increasingly popular tool for supporting an individual's development. It is used to enhance performance and encourage achievement and attainment.



Executive Coaching



Emergency Coaching



Career Coaching



Wellbeing Coaching



Group Coaching



Team Coaching





Executive Coaching

We offer independent and impartial executive coaching to maximise the potential of entrepreneurs, board members and senior management team, drawing on expert consultants from a wide raft of industries who will deliver measurable results to your profit margins and business goals.

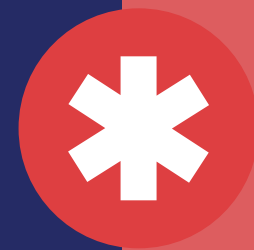


Career Coaching

Career coaching enables you to review your current situation, evaluate your skills, consider what you want in the future and provide you with a number of tools and skills to enable you to manage your career – rather than your career managing you!

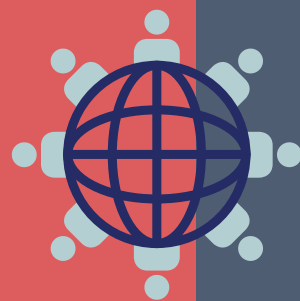
Emergency Coaching

These are short coaching sessions designed for senior leaders and decision makers to help them focus on critical challenges that arise during a time of crisis and change.



Group Coaching

Group coaching links people together to make their work more effective. This coaching opportunity may be formal or informal and could include peers with a mutual interest or people from different organisations who want to work together to increase efficiency.



Team Coaching

Is your team struggling to set goals and work together to achieve them efficiently? This is a great option for teams who have undergone a change in leadership or who are still getting to know one another.



Wellbeing Coaching

Do you have a health or lifestyle-related target? Our wellbeing coaches can support you in setting and reaching your goals.

Still not sure what type of coaching you are looking for? Get in touch and we'd love to help!

According to the International Coach Federation (ICF), coaching is defined as a partnership with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential. Coaching is a client-driven process that's distinct from other service professions, such as counselling, mentoring, consulting and training. Research by the International Personnel Management Association (IPMA) found that 'training on its own increases productivity by 22%, whereas combining it with coaching increases productivity by 88%'.

Why BSC?

www.britishschoolofcoaching.com

BSC coaches are all highly experienced coaches, mentors, supervisors and business people.

Along with their professional coaching qualifications and support through our structured supervision and CPD, they have a scientific ability to get to the core of an issue.

Our coaching services can be delivered both face to face and online to provide development opportunities and thinking space for senior managers, executives, business owners and self-employed individuals— anytime, anywhere.



What to Expect?

Confidentiality: what is said in the coaching session is confidential and will not be disclosed by the coach without your express permission unless legal or conduct issues.

Goal setting: it is important to know where you are going and what you are hoping to achieve otherwise it probably won't happen!

Solutions-focused approach: harnessing your strengths and talents to find a way forward.

Challenge: be prepared to experiment with fresh or different approaches in order for you to accelerate your personal and professional growth.

Homework: between the sessions you will work on the actions agreed.

Our coach will partner with you to:

- find clarity
- make important decisions
- identify the next steps
- achieve positive change
- set better goals and reach them faster



Where to start:

01

ENQUIRY FORM

Complete the enquiry form with the type of coaching you require

02

CHEMISTRY MEETING

We will set up a chemistry meeting with your assigned coach

03

GOALS SET

Work strategically towards your goals





#coachingworks

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