

"Coaching helped me understand how I was feeling but also helped me realise what was important and what the key steps were to take action. Coaching helped break things down into achievable goals and to establish a realistic path which helped me achieve those goals."

Tony Raynor
Principal Researcher
Proctor & Gamble, Newcastle



1:1 CONFIDENTIAL COACHING SERVICE

REDUCE ABSENCE

Prevent absence and help employees cope better when returning to work

IMPROVE PERFORMANCE

Build skills, knowledge, enthusiasm, motivation and commitment

BUILD CONFIDENCE

Remove barriers to progress and increase self-belief

SUPPORT SUCCESS

Help with problem-solving to identify options and get quicker results

BECAUSE EMPLOYEES NEED ALL THE SUPPORT THEY CAN GET

Times are tough - many employees are struggling to cope not only with workplace pressures (such as job uncertainty, redundancy, down-sizing or managing change) but with stress and depression caused by problems in their personal lives (such as divorce, illness, financial worries or caring responsibilities).

1:1 coaching is an effective way to provide ongoing support to employees who are struggling to cope.

Talking about situations in confidence with a supportive coach helps employees resolve issues - personal or professional - which are affecting them at work. By creating action plans for the next 6-12 months, employees learn to build resilience, develop effective personal coping strategies and understand how to take control of their own lives.

The result is improved performance and quality of daily life - good news for both employees and employers.

For information please email enquiries@tmpcoaching.co.uk

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