



**FOR MORE INFORMATION
ON HOW WE CAN SUPPORT
YOU, YOUR MANAGERS OR
YOUR ORGANISATION,
PLEASE CONTACT US FOR A
FREE NO-OBLIGATION
DISCUSSION.**

TMP Coaching provides a wide range of coaching support for leaders, managers, employees and private individuals.

Specialising in health & wellbeing, TMP Coaching provides :

- Strategic consultancy and practical advice on workplace health
- Health and wellbeing programmes for managers
- Executive and management coaching
- Skills coaching
- 1:1 life coaching for individuals
- Training and facilitation



**29 Athelhampton House
Washington
NE38 8TA**

**Tel: 0191 417 1434
M: 07856 220588
E: info@tmpcoaching.co.uk
www.tmpcoaching.co.uk**



I-CAN-DO MANAGER SUPPORT PROGRAMME

Coaching
Training
HR Consultancy
Workplace Health



MANAGEMENT SKILLS COACHING

LEARN HOW TO BE A BETTER MANAGER

Are good managers born or made? It's an interesting question. At TMP Coaching we believe that every person has the potential to become an outstanding manager.

For centuries, the world's athletes have employed personal coaches to enhance and develop their performance. Coaching in sports is familiar to us all and now business, executive and management coaching (using many principles from the sports coaching model) is spreading across the business

world at an extra-ordinary rate.

At TMP Coaching we're passionate about using coaching to help managers reach and exceed their potential - we genuinely believe that every manager can achieve something amazing with a little help and support.

If you want to learn how to deliver better results in a fast-moving environment, as well as achieve a healthy, balanced life both inside and outside of work, then management coaching is definitely for you.



CUSTOM SOLUTIONS

Coaching is an inter-active process which helps both individuals and organisations develop more rapidly and produce more satisfying results. We design bespoke, holistic coaching solutions which focus on business, career, finances, health and professional/personal relationships. As a result of coaching, managers set better goals, take more action, make better decisions, improve in confidence and use more fully their natural strengths.

I-CAN-DO MANAGEMENT COACHING SUPPORT

- STRATEGIC PLANNING
- PROCESS RE-ENGINEERING
- WORKPLACE HEALTH & WELLBEING
- MANAGING ABSENCE
- STRESS MANAGEMENT
- CONFIDENCE BUILDING
- MANAGING DIFFICULT PEOPLE
- DEVELOPING & COACHING TEAMS
- WORK-LIFE BALANCE

Coaching solutions for your business needs

1:1 SUPPORT TO IMPROVE PERFORMANCE AND BUILD CONFIDENCE

COACHING SOLUTIONS FOR EMPLOYERS

There has never been a greater need for personal coaching than today. Stress is the number one reason for absence in the North East and many people are struggling to manage pressures not only in their professional lives but also job insecurity, financial worries, relationship breakdown, health issues or depression.

TMP Coaching is passionate about :

- * Working with employers to design and deliver health and wellbeing programmes which assist managers and employees to effectively manage change and build emotional resilience
- * Offering training to raise awareness of the benefits of wellbeing for organisations, leaders, managers and employees
- * Coaching support for individuals to improve performance and help them achieve positive and sustainable changes in their professional and personal lives

CONSULTANCY SERVICES

We offer a wide range of consultancy support services to help employers develop best practice in the management and support of people.

COACHING SOLUTIONS FOR MANAGERS

Learning to be a great manager is much easier with the right support. You can learn how to manage people more effectively and also plan your workload to achieve a better life/work balance.



1:1 coaching support helps you to improve your knowledge of day-to-day management roles and activities, provides an objective perspective to problems you may be facing, gives you structured support through the process of personal and management development and helps build your knowledge and confidence levels.

- * Learn how to set goals and objectives
- * Take smarter action and get better results
- * Identify problems and create new solutions
- * Discover ways to manage staff more effectively
- * Feel healthier both as a manager and an individual
- * Build closer business and personal relationships
- * Rediscover your enthusiasm
- * Reach for more (much more!)

EVERY MANAGER IS UNIQUE

At TMP Coaching we like to talk to our clients to find out exactly what they want to achieve before designing individual or organisational coaching programmes.

By working with you, we identify your personal and organisational goals and objectives to ensure we put the right coaching support in place.



COACHING PROGRAMMES

TMP Coaching are experts at designing coaching programmes which meet the needs of both individuals and organisations. We specialize in workplace health & wellbeing programmes, stress management, performance improvement and work-life balance solutions for private, public, third sector and SME organisations.