

Coaching Service



WHAT IS COACHING



Offers you time to think, discuss and reflect on challenges



An opportunity to identify your goals and areas for improvement



Supports you to explore new ideas & action plan for positive change

EXAMPLE TOPICS FOR COACHING



You are new to role and would benefit from some time to consider the challenges ahead



You feel you could be more productive managing your time and priorities



You recognise the need to create a better work/life balance

A COACHING ENVIRONMENT IS



A safe place to share and is fully confidential



Supportive, non-judgemental & impartial



Positive and future focused

ACCESSING A COACH



For further information/ application form contact the Organisational Development team on ext: 55405



Alternatively you can complete a coaching application form via the oneHR site