

Leadership Coaching

What is Leadership Coaching?

Managing Directors, CEO's and proprietors are often at the 'top of the tree' and can find it 'lonely and tough on their own at the top'. You may have little opportunity to receive feedback on your performance, or to be asked those vital, thought provoking questions that can challenge you to think about what you are doing, and why.

Leadership coaching is a formal arrangement in which a qualified coach works with you in a series of sessions designed to establish, refine and reach goals. The essence of coaching lies in the premise that the answers are always inside of us, the coach's job is to draw out these answers from you, so that you can clarify and enhance your thoughts, generate ideas, then move onto make constructive action plans.

Why is Leadership Coaching important?

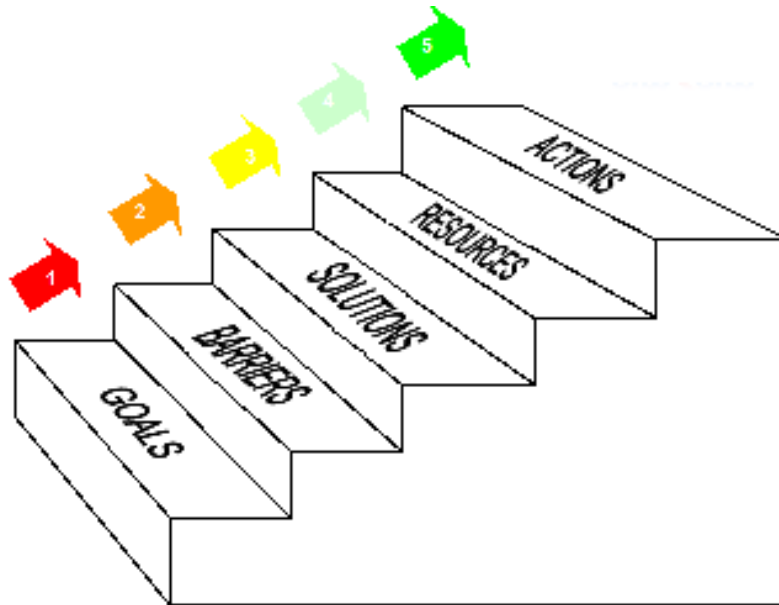
An objective perspective and development opportunities can be none existent or limited and there is often no one above you in the organisation to give you feedback. Time to attend external training is limited, and the content of training courses that are available can often be irrelevant. Compare this to having your own, personally created coaching programme that homes in on exactly what you need, at a time that suits you best - the benefits of coaching immediately become apparent.

How does Leadership Coaching work?

Leadership coaching is a one-to-one session that takes place between the coach and client, for a mutually agreed number of sessions, usually between 6 and 12. These sessions can be carried out either face-to-face, or on the telephone, and typically last between 90 minutes and 2 hours. These sessions can easily fit into hectic schedules, and offer value for money in terms of impact and results, giving you exactly what you need, when you need it.

aim2aim's 5 step coaching process

- Identify aims and objectives
- Consider the barriers that inhibit achievement
- Reflect on breaking through the barriers and creating solutions
- Identify resources available to support you
- Create and implement action plans



5 STEP COACHING PROGRAMME

The benefit of aim2aim's leadership coaching lies in enabling individuals to tackle the barriers that get in the way of achieving their objectives. These barriers are often linked to limited thinking patterns, personal beliefs, values and attitudes and usually affect the outcome to any desired change. aim2aim's coaching includes many practical Neuro-Linguistic Programming (NLP) applications, which are excellent at breaking down the barriers that limit performance.

What are the benefits of aim2aim's Leadership Coaching?

Individual space and time-out provide the required thinking room for reflection and insight. Specifically targeted questions are designed to enable you to think about things from different perspectives. The coach acts as a 'sounding' board and provides a confidential safe place for you to explore your ideas. Leadership tips, tools and techniques are discussed and shared, providing greater clarity of direction for yourself and your organisation.

Leadership Coaching is designed to challenge, motivate, and support the steps you need to take in your long term vision of excellence, both for yourself and for your organisation.

"I would like to express my thanks for the past year. Your programme of personal and professional development has developed not only my lateral thinking and allowed me to clarify my own issues and thoughts, but also developed my skills to take the company forward. I have moved from an operational management perspective to the desired leadership role my position requires". **Managing Director, not-for-profit sector**

If you would like to discuss our leadership coaching service in more detail contact aim2aim on 0843 2050 867 or e mail info@aim2aim.co.uk