

# Introducing LifeClubs coaching

What we've been observing as this pandemic continues is that not only is there less motivation and fewer meaningful conversations and connections between colleagues, but understandably there's more frustration and anger in the workplace too. Perhaps through this tough time you have noticed your teams feeling tired, stressed and anxious and possibly even disgruntled. No-one is really feeling settled or safe, never mind productive.

We have created three types of coaching for you depending on the needs of your organisation:

## **1:1 coaching**

Our 1:1 coaching is for those special people you wish to ensure feel valued and supported by your organisation. Perhaps through a career transition, like a promotion or step up to a management position or during a return-to-work phase like after a significant sick leave or maternity/paternity leave. Or just for more general-purpose driven conversations around impact, legacy and leadership in a forever changing and turbulent world.

## **Speed coaching**

Speed coaching can be offered as ongoing single 50-minute sessions where managers (or anyone you

choose) can come along as frequently as you like to discuss one issue.

We also run 6-session coaching packages. Unbelievably successful to make your colleagues feel heard and cared for.

### **Relationship coaching/Mediation**

Perhaps two or more colleagues have reached an impasse and really need external help. Let us help you to manage those difficult conversations and resolve the friction between colleagues.

Many of our coaches are both mediators and HR experts. We achieve fantastic results in a short space of time.

We're looking forward to hearing from you as we know what a difference our coaches can make. They are warm, supportive and wonderfully curious. A perfect combination.

Speak soon,

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