

# 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 always offered three types of coaching for you, depending on the needs of your organisation; 1:1 coaching, Speed coaching and Relationship coaching/mediation. We are now excited to offer our ICF CCE accredited course, **LifeClubs introduction to 121 coaching training.**

## **LifeClubs introduction to 121 coaching training**

This exciting LifeClubs course was created for those who would like to know the basics of coaching before committing to a long and expensive training. In order to enable others to host LifeClubs workshops, we have been teaching individuals group coaching since 2004, so it was an easy transition to move to 121 coaching training. The highly interactive 2-day live (4 x 1/2 day online) training is structured like a coaching conversation around the LIFE model (Living, Ideal, Fuel and Energy) and includes archetypes, perspectives and assumptions.

## **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 such as after a significant sick leave or maternity/paternity absence. Or just for more general-purpose driven conversations around impact, legacy and leadership in a forever changing and turbulent world.

These are usually run as 6-week packages of either one- or two-hour sessions.

## **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. 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.

And of course, don't rule out training as a coach yourself!

Speak soon,

Nina

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