

# Executive Coaching





It can be lonely at the top.

With the speed of transformation on the increase, our perspective on business issues can become clouded - affecting our confidence.

Executive Coaching offers an opportunity to explore your options, test out ideas, gain clarity, renew your passions, utilise your strengths and enhance your skills and ultimately increase your income. You become refreshed and are seen as more effective.

**Executives are turning to coaching to help re-focus their lives.**

Forward-looking organisations and individuals are using executive coaches for one reason, it works!

## Coaching helps busy executives to:

- Increase their own confidence
- Enhance their leadership or management skills
- Improve their opportunities to advance within their organisation
- Determine whether they should be moving on
- Find personal success
- Achieve aims and manage business and personal challenges.


In addition,

- Increase staff retention
- Improve productivity and profitability
- Gain greater employee commitment and engagement
- Raise employee morale

Coaching works on the fundamental principle that you, the client, hold all the answers within yourself. It helps you to discover your strengths and limitations, what motivates you and what holds you back, what you want and what you fear.

Our Executive Coaching programme is tailor-made to fit you and your specific needs. We give you the space to:

- Explore your options
- Gain clarity
- Test out your ideas
- Re-discover and utilise your strengths
- Renew your passions
- Enhance your skills
- Become more refreshed and more effective.



*'Research in the US shows that ROI on executive coaching typically falls into an impressive 600% - 1000%. Therefore, each £1 spent on coaching can generate between £6 and £10 back.'*

The seven steps of executive coaching by Sabine Dembkowski, Fiona Eldridge and Ian Hunter.

**It can be lonely at the top**, leading to executives feeling restrained and isolated. Who can they confide in? **Who can they share their issues with** in-house and be confident that they will remain private?

**A top executive who works better has a huge positive effect on a company.**

Executive coaching can be funded by you as an individual or by your organisation. The coaching relationship is very much founded upon trust and therefore confidentiality is key. Rules of confidentiality are agreed up front between all parties. What is discussed in the coaching session is not shared with the organisation unless the person being coaching has given permission. It's usual practice for the coach to discuss progress towards corporate goals with the organisation but it is not necessary for them to share how they got there.

## **Discovery**

***"If we do not change direction, we are liable to end up where we are headed."***

**Confucius**

Quantum Coaching and Consulting Limited have coached individual and corporate clients from all walks of life, helping them to use their skills and behaviours more effectively at work and within their personal lives.

A helping relationship between the client who has managerial authority and responsibility in an organisation and a coach who uses a wide variety of behavioural techniques and methods to help the client achieve a mutually identified set of goals to improve his or her performance and, consequently, to improve the effectiveness of the client's organisation within a formally defined coaching agreement.

Contact us on 0044 207 193 1055 to discuss how we can help you to help yourself.

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