One-on-One Coaching for Managers and Leaders

The Benefits of Professional Support

Global research data collected during 2022 indicates that over 40% of leaders are stressed and 36% are exhausted. In fact, nearly 70% of leaders say burnout is affecting their ability to make decisions and 69% of executives are thinking about quitting because of their wellbeing.

Being a manager (whether you are new to the role or have years of experience) offers many challenges. Training for managers often does not include skills and strategies for managing the complexities of human interaction, the impact of differing personalities, the needs of diverse workplaces and the importance of self-care. Life can feel confusing as we try to juggle the personal challenges and professional expectations of management. Stress experienced at work, can and does, impact on our families, our relationships, and our health.

Executive coaching provides a safe and confidential space to discuss workplace situations and brainstorm, and develop, strategies and approaches.

My clients tell me that working one-on-one with me enables them to develop a confident compassionate leadership style that builds trust, supports open communication, and takes teams and individuals in successful directions.

Reducing stress levels at work, also builds self-esteem, supports wellbeing, and has a natural flow on effect to life outside work. In short, my clients report seeing progress, growth, and improved outcomes across all aspects of their life.

Coaching can help with:

- Specific workplace challenges
- Building high performing teams
- Developing assertion
- Being more influential
- Managing conflict
- Building successful, post pandemic, teams
- Preparation for staff performance reviews and performance feedback discussions
- Growing emotional intelligence
- Building professional credibility
- Setting personal and professional goals
- Enjoying work (and life) more
- And much much more

Keen to know more?

Contact Joan at JwJ Consulting for more information and a competitive quotation.

Sessions are 1 hour in duration and can be offered face-to-face or virtually (regularity determined by you)

Joan Wilson-Jones B.A (ACS). M.Ed. (A&WE) brings a wealth of practical experience, supported by years of relevant study, to her work. Joan has practical experience as a manager and many successful years as a workshop facilitator, conference presenter and coach.

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