One-on-One Coaching

The Benefits of Professional Support

The impact of the COVID pandemic was far reaching. Many workplaces have subsequently undergone major restructures and significant workflow resets. Many people are finding it difficult to navigate the new world of work.

One-on-One 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 increased clarity, confidence, and motivation. Coaching sessions are individually constructed and enable you to work on your specific priorities. Sessions may be regular or organised as one-off events to discuss situations as they arise.

Addressing work related concerns provides a multitude of benefits including reduced stress levels, increased self-esteem, improved effectiveness, and improved health & 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
- Developing assertion
- Being more influential
- Managing conflict
- Contributing effectively to the post pandemic workplace
- Re-connecting with the team
- Growing emotional intelligence
- Building professional credibility
- Raising concerns with your manager assertively
- Preparing for regular performance reviews and feedback discussions
- Setting personal and professional goals
- Career progression
- Changing career direction
- Assistance with job applications, resumes and interview preparation
- 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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