

## Leadership Coaching for Managers and Business Leaders

Coaching helps individuals focus on professional development, supporting managers or business owners embarking on new challenging roles, projects, or business ventures. The coaching aims to help them achieve their full potential.

### Who is it for?

Coaching helps to provide targeted support to those Managers and Business Leaders who want to re-focus on the priorities in their business and personal life.

Generally those who undergo Leadership Coaching do so because they have limited time on their hands, they want a second person to use as a sounding board and just need results quickly.

Leadership Coaching also prepares managers for new roles, promotion opportunities and career changes

### Benefits:

#### The Benefits to the Individual:

- ◆ Focus on Business Priorities
- ◆ Enhances Personal Impact & Performance
- ◆ New, sustainable way of thinking.
- ◆ Prepares the leader for new opportunities.
- ◆ Helps individual to manage through stressful situations.

#### Benefits to the Company:

- ◆ Greater commitment from the manager.
- ◆ Retention of Key People
- ◆ More creative and focussed approach to the work.
- ◆ Better management and leadership skills.
- ◆ Better business results and focus on value add activities.

### Areas it Can Support



### How Does it Work?

The coaching programme is tailored to suit the client and the Company's needs - it can be a mixture of face to face and telephone coaching.

Initial meetings are held with the coachee, and where relevant their manager or HR Manager to agree the parameters for the coaching.

The first session is about identifying the key focus areas and goal setting. The following coaching sessions then guide and support the manager towards achieving the goals.

### Why use Tonic 4 Business?

We have experienced executive coaches, who have worked at senior level within blue chip organisations, with strong commercial focus and with a variety of industry and international experience.

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