

# One-to-One Coaching

Unlocking the 'Excellent You'

## Is it for Me?

I typically work with successful individuals who are on a career path towards, or already at, the top of their profession.

- Enhancing personal impact
- Improving influence skills
- Developing leadership capabilities
- Identify blindspots
- Supporting a transition in role
- Developing high potential talent

By giving yourself time and space to reflect on what is important to you can help you develop a personal leadership style which is authentic... a style which really allows your potential to shine through.

Managing the complexities of today's business can be a considerable undertaking for even the most seasoned Executive. Navigating continual change, information overload and a challenging economy can be exhilarating at times and utterly exhausting at others!

Having a **supportive and reflective space** where you can focus on the really important issues that affect your leadership... the ones that are so often overlooked... has never been so important.

Whether you have immediate challenges in your current role, or you wish to prepare and develop capabilities for a new area of responsibility, one-to-one coaching can help you identify how to **unlock your best performance**.

By providing a challenging and energising environment, you can gain a new perspective to explore how to develop authentically as a leader and drive positive change – whether that requires a small adjustment or a wholesale shift in approach.

Invest in the time to know yourself and reveal exceptional insights to help you **become the very best that you are**.

"No matter how good we become, we should always want to be better"

*Edward de Bono*

## What to Expect

One-to-one coaching is a confidential face to face engagement between the individual Executive and Coach.

My approach is based on providing you with the space to reflect on those issues that are important to you and have creative, goal centred conversations that allow you to discover your own answers and be authentic in your leadership style.

Each session lasts for 2 hours and is typically delivered as part of a programme consisting of six sessions over a 3-6 month period.

During the first session, personalised goals are established and form the basis of review throughout the programme. As the programme progresses, these goals may adapt as further insights are achieved. Clients agree that this fluidity is critical for them to gain real value from the engagement, but equally they find establishing goals at the outset helps set a baseline for the programme.



## About Me

Unlocking the performance in your people is the single most impactful thing you can do for your business. Their potential is enormous and an early and often small shift in performance can create outstanding results.

### My business is about helping you unlock that performance

Whether it's one-to-one coaching, developing leaders, or building strong and cohesive teams, I help drive and inspire incremental value from what you already have.

While the economy remains challenging, achieving more with the same has never been so important.

Working with sales leaders and teams in the technology industry I help them explore their own potential to be the

**exceptional individuals they already are.**

### More Solutions Available:

- Discovering You
- 360° Insights
- Manager as Coach
- New Manager Programme
- Influential Leadership
- Understanding Team Differences
- Winning Through Team Dynamics



Discover More...

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