



## COACHING AND LEADERSHIP



**'72% of respondents use coaching as the main business driver to improve individual and business performance'**

The Chartered Institute of Personal Development

Leaders and Managers today are aware of the persistent pressure to increase performance despite the effect of changes which are outside their control. Continuous change in the world in which we work means that leaders must also change and apply fresh and new strategies to ensure continued success.

The rate of change in a rapidly innovative world is likely to accelerate – How can you stay ahead of this?

At Enlighten we aim to provide an effective structure to diagnose issues and identify successful actions that result in leaders, managers and organisations managing themselves differently. This can include clarification of goals and improved communication.

The benefits to this type of coaching are:

- Leaders and teams in organisations discover and achieve their potential
- Reduced levels of stress and anxiety
- Reduced feelings of isolation for key leaders and senior managers
- Commitment to the corporate vision is strengthened & revitalised



### The Power of Coaching



*'It has become clear to me that I am the only one who has the answers to my questions. If there is anything I focus on it is to ask the right questions, in the right way. All you need is to find the right coach whose focus will help you open the doorways to your own solutions.'* Adrian Gilpin - Unstoppable People

*'The difficulty lies not so much in developing new ideas as in escaping from the old ones.'* - John Maynard Keynes

Call **John** on **01233 646605** for a no cost, confidential consultation or visit the website and use the short contact form.

www.enlighten-uk.com