

‘Coaching’ as a professional term in business, relationships, and life in general is one that is becoming more popular.

Expressions believe ‘Coaching’ is about **"discovery, awareness and choice"** (Whitworth, et al. 1998)

Expressions coaching services are centred around relationships designed and defined with a *‘critical friend’* approach. This is based on the client's expressed interests, goals and objectives.

As professional coaches we may use reflection, inquiry, requests and discussion to help clients identify personal and/or business and/or relationship goals, develop strategies, relationships and action plans intended to achieve those goals. Our coaches provide a place for clients to be held accountable to themselves by monitoring the clients' progress towards implementation of their action plans. Together we evolve and modify the plan to best suit the client's needs and environmental relationships. Our coaches often act as human mirrors for clients by sharing outside, unbiased and non-judgmental perspectives.

Coaching is essentially about change, whether this is changing behaviour, confidence, wellbeing, perception or surrounding environment, clients are responsible for their own achievements and success and the coach helps the clients help themselves.

Typical elements covered through a coaching approach include :

- Leadership
- Delegation
- Time Management
- Personal Wellbeing

- Communication
- Self Confidence
- Assertiveness
- Decision Making

- Anxiety & Low Mood
- Relationships
- Cohesion
- Managing People



Meet the team who deliver one to one coaching tailored to your individual success needs.....



Formerly an accomplished athlete, Simon is an active and experienced performance coach and trainer whose speciality is inspiring people at all levels to improve their performance associated with behaviors and beliefs. Simon has worked in a range of settings - government agency, commerce, private and public sector, health, sports, fitness and rehabilitation.

Co-founder of the Expressions Partnership and the Coaching 4 Wellbeing organisation and educated at the University of Florida Simon's client focus centres on meaningful improvements and outcomes. Simon is qualified and experienced in motivational interviewing and cognitive behavior coaching. With this focus Simon has designed and delivered coaching, learning and development to individuals, teams and organisations at local, regional, national and international levels. Simon is an active vice chair school governor

Peter is an executive coach, mentor and adviser dedicated to helping businesses and their Senior Managers to improve their performance. He has a track record of developing people and businesses beyond their own perceived potential and abilities.

Peter's previous roles have ranged from Bank Branch Management, Human Resources at strategic and operational levels, heading up Sales and Marketing and moving on to General Management where he led 400 staff across 20 locations. Peter is a member of the Chartered Institute of Personnel and Development, and has been trained at Cranfield University and Ashridge School of Management. He has also served on the board of two local Enterprise Agencies



Paul is an organisational and people development specialist with 12 years experience with a national training agency, followed by 4 years experience as a freelance management consultant. Paul has a wealth of practical down to earth knowledge and experience that has enabled a wide range of clients in public and private sector (particularly in SME's) to maximise the individual and collective contribution of people to the success of their business.

As a qualified performance coach, Paul fundamentally believes that people are integral to any business success so is committed to helping organisations to implement practice and policy that can fully exploit their workforce potential. Paul is also a mentor and adviser

Martin is a trainer and executive coach who specialises in working with Managers and Leaders to develop their capabilities and that of their teams. His drive is to improve performance by helping people make sense of it all.

Working with managers to develop their self awareness and build on their strengths, he enables managers to acquire new self confidence and discover the right approaches for them to lead and enable others.

Martin has over 20 years management experience in consumer marketing and sales. He has worked for Unipart, Express Dairies, Wella Haircare and Spillers Foods. Martin is also an accredited Belbin Practitioner



To arrange to meet one of our coaches for a FREE *'get to know each other'* session please call Expressions on 01483 256959 or visit our website www.expressionspartnership.com for further information about how we could help you help yourself