



121 and team coaching

Discovery

Your coaching journey begins with a no fee discovery call, where you explain where you'd like to be, and I explain how I work.

Contracting

We then create a safe space and an agreed way of working. I encourage you to reflect on where you are and where you want to be, so we can establish realistic objectives and measurable points of success.

The coaching

During a series of conversations lead by you (usually between 5-7 sessions and lasting between 1-2 hours) we build a clear understanding of your world, including the obstacles and the possibilities. I listen, I ask powerful questions and I challenge you. This allows you to become more advanced in your thinking and see challenges with fresh perspective.

Coaching is about growth and with that growth mindset we monitor your successes, you remain accountable and we create positive and purposeful actions.

In a team coaching setting, there are 5 different steps we work through –

- 1 - understanding what stakeholders expect of the team
- 2 - establishing goals which match those expectations
- 3 - exploring how best to collaborate to meet those expectations
- 4 - discovering what the team needs to function best
- 5 - summarising how the team learns and grows to continue that change

Ending

When you finish you're equipped with smarter ways of thinking and you're on the pathway to greater possibilities.

Testimonial

"I have hugely valued my coaching with Ben. His approach in challenging me and asking insightful questions gave me space to reflect and leave each session with clear and focussed objectives to make impactful change." **CPO Hodge Bank**