



Executive and Career Coaching

Introduction

Lisa Wake has been providing Management Consultancy, Mentoring, Coaching, Training and Facilitation for 8 years, initially as an Associate and Partner of a major NLP training company and since 2003 as Awaken Consulting. During this time her client base has been as diverse as Zeneca, ICI, Dupont, Napp Pharmaceuticals, British Telecom and Fox's Biscuits in the private sector, and HM Prison Service, NHS Modernisation Agency, Regional Director for Public Health (N&Y), The Home Office – Northern and Yorkshire Region, NHS Health Authorities and Trusts, Local Authorities in the public sector.

As a former NHS Registered Nurse and Senior Manager, Lisa has worked both in the public and private sectors as a Consultant, Facilitator, Trainer, Coach, Mentor, Change Agent and UKCP accredited Psychotherapist. Internationally accredited as a Trainer with INLPTA, Lisa combines her training, coaching and mentoring work to enable individual clients and organisations to make the changes that they desire in their lives.

Mark Wake is an experienced Mentor, Coach, Trainer, and Consultant capable of developing individuals and teams. Prior to partnering Lisa in Awaken Consulting, Mark gained 16 years experience working in chemical manufacturing, initially as a production operator and more latterly as a Production and then Planning Manager.

Internationally accredited as a Trainer with INLPTA, Mark's technical background and practical 'no-nonsense' style means that he can connect with individuals from all walks of life and bring alive seemingly abstract theoretical concepts in a learning environment. He has highly developed skills in training, personal and professional development, communication; presentation and decision making.

Awaken also has a team of corporate coaches from a diversity of backgrounds, ensuring that we can meet your individual needs. Our Associates are experienced coaches and provide coaching for senior executives in the NHS, Commercial sector as well as individuals.

Purpose

The purpose of executive and career coaching is to provide an opportunity for individuals to benefit from coaching outside of the normal work context.

Many individuals take advantage of a coaching opportunity as a way to address areas of their life that they would not normally take the time to consider within a busy career and home life. Coaching enables the individual to reflect on their own personal effectiveness and how to improve this to enable sustained success in the workplace.

Coaching is different from counselling, in that the individual is encouraged to work towards goals and takes responsibility for the coaching relationship and outcomes that are agreed.

The coaching is provided in a confidential and secure environment off site, where the employee receives individual attention to facilitate him or her towards goals and aspirations in their life, addressing any potential blocks that may arise along the way.

Areas that may be addressed include:

- Career development
- Interpersonal Skills
- Enhanced Communication skills
- Presentation skills
- Interpersonal conflict
- Health related issues
- Performance issues
- Redundancy and redeployment
- Return to work after illness

Coaching outline

Coaching sessions may last between 1 hour and a full day – with most individuals benefiting from up to 8 hours of coaching in total. Occasionally an individual will decide that they want a longer term coaching relationship and attend sessions on a monthly or bi-monthly basis.

During the session, you will work with your coach to identify key goals that you want to work towards. Following identification of goals, your coach may decide to understand more about you and how you operate as a person. Occasionally this may include looking at patterns that have occurred in your life and how these have influenced choices that you have made.

Between sessions, you are likely to be tasked on specific areas that may include integration and application of things that you have learnt as part of the coaching process, back into the workplace.

Fees

Sessional fees are charged at an hourly rate, depending on location and VAT and travel at 40p per mile are also charged. Where sessions are held at the employees workplace travelling time is also charged at the hourly rate. For companies with a base in a geographical location some distance from our offices, we provide alternate face to face and telephone coaching.

What next?

For individuals who want to take advantage of coaching, please contact us on 01642 714702 or by email awakenconsulting@aol.com to discuss further with you the benefits of coaching.

Prior to commencing a formal coaching relationship, you will be asked to sign a confidentiality agreement between yourself and the coach as well as a contract for the coaching relationship.

Lisa Wake
Awaken Consulting
9 May 2007

Awaken House
14 Roseberry Court
Stokesley Business Park
Stokesley,
TS9 5QT
Tel: 01642 714702
Fax 01642 713397
Email: info@awakenconsulting.co.uk
Website: www.awakenconsulting.co.uk