



Coaching for Business

Wellbeing is essential within organisations and is a strategic issue – Boards take it seriously because it helps them to achieve the business level outcomes they value.

Why as a business, are you investing in wellbeing: is it to reduce sickness absence, to improve productivity and performance, just for the outcome of improved wellbeing in itself, or for another reason?

Coaching Direct will help you determine what you're already doing that contributes to your wellbeing goals. You and your employees may be surprised by how much you already do!. We help businesses to build their specific business case for investing in wellbeing.

With experience across a broad range of sectors and organisations, we can help you fully integrate the work you have already done and unlock the full value of your wellbeing investment. Working with a stakeholder group or individual client we offer a step-by-step, action orientated approach that will enable you to manage wellbeing.

Life Coaching for individuals

Coaching Direct also work with individuals to help identify reasons for being stuck in a cycle life's challenges.

Firstly identifying the problem with analysis and the formulation of a plan are the first steps. Do you have a dream a desire an aspiration? Have you realised these, if not, then why? These are some of the questions that you may have asked yourself. If you have never really given this much thought, then you may have lost sight of your dream. How do you get back on track? How do you start to achieve your dream if you've never started? Your psychosocial environment may not be support you achieving your goals. Coaching Direct will assist you in putting measures in place to address your needs.

Signatures of life – Motivational /Inspirational Speaking Service

Our signature of life tells a story illustrating what we believe to know about the meaning we attach to our experiences. Through cultivating a level of understanding and awareness we begin to rewrite our own stories and scripts and redefine those experiences given to us by altering our perception of ourselves. Why not book us to help motivate your staff.



YOUR SUCCESS IS OUR GOAL



Contact us now :



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Coaching Direct is a innovative company that provides Coaching to; Businesses Schools and individuals. We offer a range of services that will positively impact the way in which you operate. Coaching Direct has helped organisations to measure, build and maintain psychosocial wellbeing for individuals, teams and entire organisations. It is our mission to make wellbeing part of everyday working life for everyone, everywhere.

Our client-focused approach is grounded in the latest best practice research and backed by our years of experience. All our solutions are developed and delivered by our team who work with you to achieve your goals – no matter how ambitious.

We also work with schools to help motivate children who experience significant life challenges. We work directly with children to explore their concerns and re focus their energies to productive ends. Coaching Direct has qualified Social Workers and trained support staff with years of experience working with both children and adults in a variety of settings.



Coaching for Schools

Coaching Direct offers a bespoke program for schools whom have children that demonstrate challenging behaviour and who do not engage. Coaching direct over a 10-week program that aims to;

- Identify with the child why they feel the way they do
- Listen to their story
- Explore strengths and areas of difficulties
- Identify their aspirations, dreams and desires
- Formulate a plan strategy to achieve their goals.
- Target setting
- Help them understand the value of learning
- Reduce dysfunctional/disruptive behaviour
- Help them understand the nature and value of relationships.
- Strategies for improving motivation.

We at coaching direct understand that no matter what age you are the recognition of your inner most passions desires dreams aspirations are key to the experience you encounter throughout your life journey.

Will you end up having a job or a career.?

We also understand the organic and psychological difficulties of the teenage mind. We have partnered with author of my teen brain to be able to better understand the challenges experienced by young adults.

We offer a range Interventions that helps everyone

Mindfulness – Stress Management

First of all, mindfulness involves paying attention “on purpose”. Mindfulness involves a conscious direction of our awareness. We sometimes talk about “mindfulness” and “awareness” as if they were interchangeable terms, but that’s not a good habit to get into. A person maybe aware they are irritable, but that wouldn’t mean that they were being mindful of their irritability. In order to be mindful they have to be purposefully aware of themselves not just vaguely and habitually aware.

We at coaching Direct will teach you this essential tool for self mastery to help you with the stress and pressure of everyday life weather your at Work, school college University or working Mindfulness is a valuable and necessary skill to have to enhance all aspects of your life. The great thing is its so easy to apply and you can practice it anywhere anytime.

Personal resilience

It is essential to have build and maintain personal resilience to successfully maintain high performance and wellbeing. It’s fundamental to understand what influences personal resilience and how to build it.

At Coaching Direct we will explore your resilience with your employees enhancing their understanding empowering individuals to take control of their own health and wellbeing. We will personalise employee support, helping you hit the business’ wellbeing goals.

Hypnotherapy

Hypnosis is a form of consciousness one enters and leaves naturally. Hypnosis manifests a deep state of relaxation guided by the hypnotist. In this state of relaxation you are more open to suggestions. This also called alpha state were your brain wave vibration rate slows down, giving you access to your Subconscious Mind. While your Conscious Mind is still completely aware of what is going on the whole time, your subconscious mind has the ability to accept information given to it by the hypnotist. Hypnosis is a valuable tool for instant self-empowerment and continuous personal growth.