

FRESH COACHING

fresh provides a range of solutions developed to match the varying needs of firms and individuals seeking to use coaching for improved performance. We work closely with clients to match the needs of the firm and the individual, ensuring a tailored and informed approach to managing the coaching process.

Executive coaching

The **fresh** Executive Coaching programme comprises a minimum of four 2 hour sessions which take place over four to six months. It can include a Thomas International Personality Profile Assessment (PPA) and a coaching telephone call between sessions to discuss progress.

Executive Coaching is non-directive. However, business objectives for the programme would be agreed at the outset with the coach, the client and the individual.

Developing a coaching culture

fresh provides coaching skills training to support development of a coaching culture within the firm.

The Coaching Culture programme comprises training for partners and managers, the objective of which is to expose them to coaching as a skill and as an effective means of people development.

One-to-one advisory sessions

fresh provides one-to-one sessions with an experienced individual who can act as a sounding board and advise on areas requiring development in a more directive style. **fresh** consultants and coaches have expertise in leadership, management, presentation, promotion and performance related issues.

Participants are able to claim CPD hours for participating in **fresh** coaching sessions.

For further information or to make a booking please contact **fresh**: telephone 01273 470 440 or email: rachelberry@freshpd.com

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