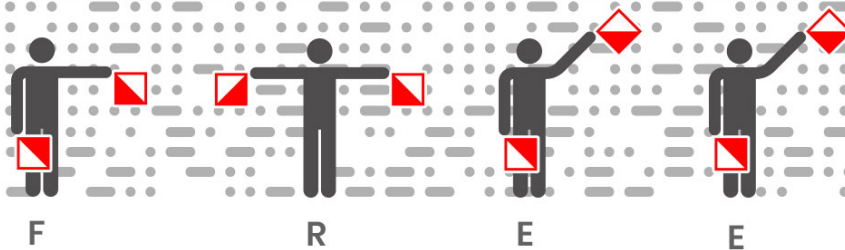


FREE CRISIS COACHING

This workshop will support business leaders affected by the COVID19 lockdown enabling individuals to improve communication, build mental resilience, nurture innovation and manage change in times of crisis and beyond.



Embridge Consulting, through its collaborative partnerships*, has been providing Executive Coaching through the NHSE / I Leadership Academy for the last 5 years, working at senior management level.

Coaching is a powerful one-to-one development experience with an accredited Executive Coach.

You will have a conversation in which the coach will discuss with you elements of your life and work in a way that you may not normally share with others. This allows you to unblock things that may otherwise have remained unchanged.

Coaching is excellent for building mental resilience, reducing anxiety and promoting confidence in uncertain times.

FREE COACHING SESSION WILL ENABLE:

HOW THESE SESSIONS WORK:

- ✓ **CRISIS SUPPORT**
Support your people through a time of crisis at no cost to your organisation.
- ✓ **QUESTIONS ANSWERED**
Allow individuals to gain answers to difficult personal questions.
- ✓ **EMPATHY & COMMERCIAL REALITY**
Develop a professional balance between empathy and commercial focus and dealing with tough conversations.
- ✓ **MENTAL RESILIENCE**
Help to build mental resilience in a time of turbulence.
- ✓ **EFFECTIVE LEADERSHIP**
Support your people through these times of crisis at no cost and learn to adapt.
- ✓ **EFFECTIVE COMMUNICATION**
Improve communication in the new lockdown world and become effective in the virtual environment.
- ✓ **HERE AND NOW**
Learning new ways to live in the now and not be distracted by the future.
- ✓ **TIME OUT**
Give employees a platform to take time out to review where they are and how they are coping outside of the normal working environment.
- ✓ **NUTURE INNOVATION**
When it seems impossible nurture innovation and creativity.
- ✓ **WORKING RELATIONSHIPS**
Understand how individual workers relationship will change, and manage virtual teams effectively.

- 👤 **WHO IS THIS FOR**
We have 2 sessions running, one aimed at Executive/CEO's and another for leadership levels.
- ⌘ **WHEN ARE THESE SESSIONS AVAILABLE**
Team coaching will be delivered weekly & individuals are encouraged to join the weekly sessions for continued support.
Weekly Monday = CEO's @ 11am (1hr)
Weekly Tuesday = Leadership @ 11am (1hr)
- 📍 **HOW ARE THESE WORKSHOPS DELIVERED**
Virtual sessions are run through Zoom.
- 📱 **HOW DO I REGISTER?**
bit.ly/COVID19Workshops
- ⚙️ **IS OTHER SUPPORT AVAILABLE?**
Our Managing Through Corona meet the needs of individuals and teams, to deliver immediate behavioural change in people that will enhance business output and encourage life-long engagement.

*Delivered in partnership with Unlimited Potential

● IMPROVE COMMUNICATIONS ● POSITIVE MENTAL HEALTH ● EFFECTIVE LEADERSHIP

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... Supporting NHS senior managers with free executive coaching. Contact us for more info.