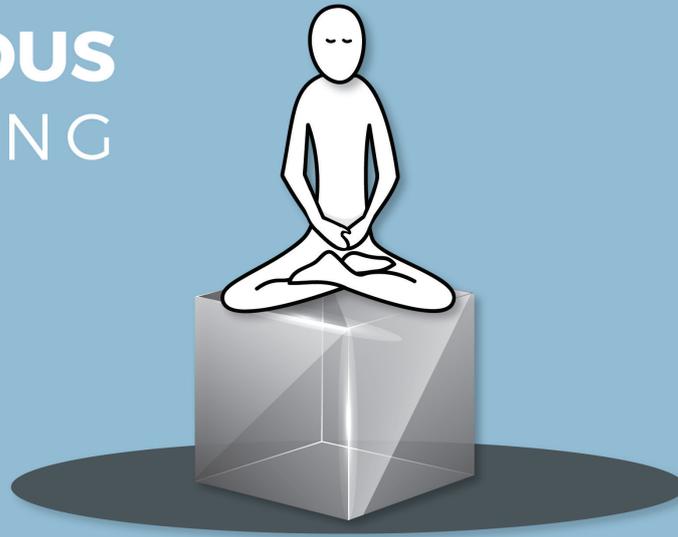


# CONSCIOUS COACHING



*I absolutely believe that people, unless coached, never reach their maximum capabilities*

**BOB NARDELLI**

## CONSCIOUS COACHING: LIVE ONLINE SESSION

**4TH AUGUST 2020 - 12-13.00 BST**

Even the most competent leaders, experts in their field with years of experience can find themselves **awake at night** agonising over making “the right decisions” for their business, their people and themselves just now.

During this one hour interactive live session, we will explore the reality of what conscious coaching is. We will detail how coaching can best serve as a tool to safely and actively process your thoughts, remove barriers to action, generate ideas, release anxiety and reduce overwhelm.

### **Interactive Coaching Clinic**

Participants in this session will have the opportunity to ask our highly skilled executive coach live questions as part of our interactive coaching clinic.

It is the perfect opportunity to learn more about this often misunderstood practice and hear more about how the coaching process adds value to business leaders, strategic thinkers and human beings from all walks of life.

### **You can expect:**

- A quality well structured, online presentation with best practice group sessions
- Ideas and tips from a highly experienced executive coach in our coaching clinic
- Open discussions with other people in a similar situations
- Proven exercises to take away and apply with your team(s)

**TO RESERVE YOUR PLACE, EMAIL**

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