

Coaching

is about improving your performance and the results you get in work (and life!)

A typical YFA coaching session, one to one, lasts 60 minutes during which time we use creative questioning, active listening and a focus on outcomes to help you gain a new perspective on things. We will encourage and support you to make clear commitments and take actions for change.

Some of the issues you might work on include:

- Improving working relationships
- Developing new skills
- Career transition
- Conflict resolution
- Professional development

Benefits will include:

- Becoming more aware of behaviour or ways of thinking that hold you back
- Having support to make changes and to take action
- Making and keeping commitments to your professional development
- Time and space to think about what is important and to make key decisions
- Improved performance and relationships

For more information about YFA Coaching and our other learning and development programmes, please call us at T: 020 7277 6693, or email: info@yfassociates.co.uk

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