

Coaching

Find inspiration and the way to reach your full potential



ima
INTERNATIONAL



- Prioritise work successfully
- Make clear, sustainable decisions
- Be an inspirational leader
- Regain your work-life balance
- Start a new role with impact
- Win the hearts and minds of your staff

Why choose coaching

Professional coaches are no longer found just in the sports arena. They work with staff in all kinds of organisations, helping them solve work and personal challenges to achieve huge success. In the UK coaching has already taken off in more than 70 per cent of organisations*, inspiring staff to think creatively and know how to take action.

How it works

In a coaching session you decide what to talk about while the coach listens, asks questions, makes observations and gives feedback. You can tap into one of our professional personal coaches at the end of a phone (useful when you have a busy travel schedule) or meet face to face. With their experience in the development world our coaches can tune into your work context quickly.

Some of our coaches

Sue Bottomley

- Developing powerful leadership
- Cross-cultural collaboration
- Clear thinking and decision making
- Managing change
- Career management
- Career transition

Clive Johnson

- Conflict resolution
- Relationship management and influence
- Career management
- Project management
- Situation leadership
- Setting up in-house coaching programmes

Alison Vickers

- Developing vision, values and leadership skills
- Organisational development
- Strategic planning
- Staff development strategy
- Communications
- Facilitating teamwork

Your coaching options

We offer individual and organisation-wide coaching depending on your needs and budgets.

You can choose how many coaching sessions you would like, from a single session to an ongoing professional relationship. We can even train you and your managers to coach your staff to transform your organisation.

Whatever you choose, your coach will help you discover what you want and find the best way to get it – you will see extraordinary results in your life, career and organisation.

Who is coaching for?

- Senior executives and decision makers with complex problems.
- Operational managers who would like support as they work to balance conflicting priorities.
- Individual staff members as they put new learning into practice and seek to work more productively with others.

Packages and fees for telephone coaching

Individual Session

This one off session allows you to tackle one or a series of challenges with your chosen coach. This option works well if you want to test out coaching, have a single issue that can be tackled quickly or simply want to get to know your coach before committing to a longer programme.

Please get in touch using the contact details below to discuss prices for face-to-face coaching options.

Personal Programme

This package contains six coaching sessions for one person. Sessions are typically spread over six months.

£1,500 (£250 per session)

Organisational Programme

This package contains 24 sessions you can share among up to four key staff members. Each person has a minimum of three sessions with the coach.

£5,280 (£220 per session)

All sessions are for 50 minutes. Longer sessions can be arranged if felt to be beneficial; rates will be adjusted accordingly. VAT will be added to invoices sent to UK organisations. Alumni and past sponsors receive 15 per cent discount on all coaching packages.

You can apply online at

www.imainternational.com.

Our FAQ sheet on the website answers frequently asked questions about coaching. For more information, call +44 (0)1273 833030 and speak to Linzi, or e-mail linzi.moore@imainternational.com.

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*According to CIPD 2008 Annual Survey