



Orenda means the power in people to create change in themselves and the world

1:1 COACHING

A commitment to personal development, investing in yourself, driving outstanding performance & being the best we can be

What is Coaching?

Forget the fancy textbook definitions, whether you're a Chief Executive or a Support Worker our experience teaches us that what you are looking for is someone who:

- Listens well
- Works with your objectives – what's important to you!
- Offers and protects time and space to think
- Cares about your progress
- Has sufficient experience of what you do to help with solution finding
- Challenges kindly and confidently, with no agenda other than supporting you to achieve what you want for you
- Supports you to be accountable to yourself for what you want
- Works with a strengths focus



Your personal development objectives

Everyone's journey is different and coaching works best when people have real and personal ownership of the objectives set for them. The context in which social care is operating has an inevitable impact on what people want to work on. There are some common themes. Here are just a few :

- Juggling and managing demand and related stress
- Self confidence and assertion
- Providing direction to others and leading so others will follow
- Working with a strengths focus
- Working strategically, creating a vision and making and delivering a plan
- Developing brilliant teams
- Resilience, sticking at it and with it when the going gets tough

Judith North



Judith has over 30 years of international experience and expertise in challenging her own thinking and coaching others to do the same, using their thoughts to be the people they aspire to be and overcome self-created barriers to maximum performance. Judith works with people who are neuro-diverse, have significant reputations and whom organisations describe as challenging.

Feedback from previous participants

"The practical emphasis & getting a chance to be coach and coachee really clicked with me and helped me to understand what coaching entails"

"This course taught me a lot about myself and how to coach others on their journey"

"I learned more than I expected, really made me see a difference approach to working with colleagues and what good practice looks like"

"Judith's coaching made a huge difference in enable me to discover and build upon my skills, learn invaluable techniques for dealing with others and boost my resilience.

It was whatever I needed on the day – be it traditional coaching, or more practical problem solving, and helped me to feel much happier and more confident in my role."

"Judith is incredibly insightful and skilful as a coach. She helps me to see things in myself and context that I am unaware of, work through issues and develop solutions that I own.

She is always respectful and compassionate yet very astute and courageous. You work hard– she puts the work in and you need to do the same."

Costings

1:1 via Skype

One hour coaching session via Skype is £150: a flat rate fee that includes all prep, sharing materials, assessments if relevant and a copy of notes. Additional end of session report is £150. 10% discount for 12 sessions over a year.

1:1 Face to Face

One hour coaching session is £150 as above plus travel and time, subject to negotiation.

Get in contact



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