



Leadership Behavioural Coaching

Helping leaders achieve positive, and measurable change in behaviour for themselves, their people, and their teams.

WHAT ARE THE PRO and CONS OF BEHAVIOURAL COACHING?

PROS: Behavioural coaching can help any executive whose work involves personal interaction.

PROS: Behavioural coaching can be a very powerful process in which the coach's role is to raise awareness within the executive concerning their strengths as well as the areas for behavioural development.

CONS: The executive must be fully committed to work with the coach to achieve behavioural change - otherwise it is a waste of time.

PROS: Behavioural coaching will provide you with greater internal well-being - Internal conflicts created by certain behaviours such as a stressful environment or patterned anger issues can lead to declining poor health.

PROS: Behavioural coaching can turn your relationships and interactions with others around.

ABOUT YOUR EXECUTIVE COACH

Dorothy Spry is both a qualified Business and Health Psychologist.

She has also undertaken intensive training in Coaching - taking time out to attend a one year full-time coaching skills course at the University of East London - Centre for Career Coaching. Underpinning her work are psychological theories. She then went on to train in Sir John Whitmore's 'Coaching for Performance' methodology. This approach fine tuned her work in a corporate setting to develop positive and lasting behavioural change.

**For a consultation please contact Dorothy@careerperformance.co.uk
or Tel 07892 20 42 42**