

Spectacles Training & Coaching Ltd helps managers by:

'Partnering with them in a thought-provoking and creative process that inspires them to maximise their personal and professional potential'

A process commonly known as **Coaching**.

How does coaching help businesses?

Coaching is regularly used by managers to develop themselves professionally and personally. The process works in partnership with a fully trained coach who is dedicated to helping their client succeed.

It is an opportunity to 'work offline' away from other colleagues, to formulate ideas, keep in check self-defeating beliefs and then 'plug back' into the work environment feeling more engaged, focused and motivated.

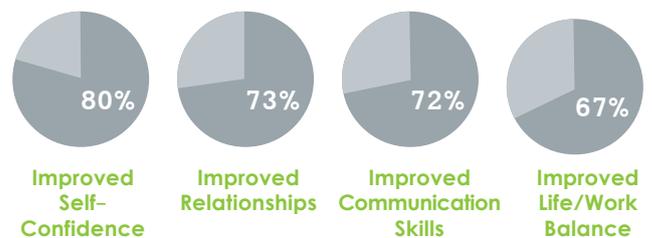
Increased Productivity

Professional coaching maximises potential and, therefore, unlocks latent sources of productivity.



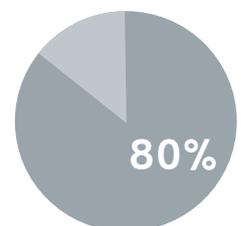
Positive People

Building the self-confidence of employees to face challenges is critical in meeting organisational demands.



Return on Investment

Coaching generates learning and clarity for forward action with a commitment to measurable outcomes. The vast majority of companies (85%) say that they at least made their investment back.



Source: ICF Global Coaching Client Study was commissioned by the ICF but conducted independently by PricewaterhouseCoopers.

For testimonials and contact details please continue to page 2...



Coaching from 'Spectacles'.

Coaching at Spectacles is delivered by John Hicks, an experienced coach working to the guidelines of the International Coaching Federation.

John was trained by one of the foremost coaching training organisations in the world, The Coaches Training Institute and delivers coaching using the Co-Active Coaching methodology.



What are clients saying about coaching with Spectacles?

"I started coaching a year and a half ago. I knew that I needed a change and was overly concerned about how those changes would affect my future. That's where John comes in. Helping you to define what is right and true for you and what works within your life matrix.

"I have made changes in my life that have brought a greater sense of control, reduced stress and given me a higher quality of life than I could have thought possible. I recommend coaching for everyone and John is a wonderful person to go through the process with."

Michelle – Technical Sales Professional

"My company was about to face its biggest test in many years and dealing with this was causing both business and personal anxieties.

"Working with John Hicks at Spectacles allowed me to regularly remove myself from the day to day aspects of the business and focus on the bigger picture. I found this to be a great help keeping me both balanced and on target through a difficult period and am now somewhat of a coaching convert.

"John and Spectacles are now included in my forward planning and I would not hesitate to recommend his services."

Martyn Jones, Managing Director of a national insulation company.

"Spectacles very quickly surpassed my expectations. Setting aside the time and being challenged to really prioritise what I wanted for Amos enabled me to get a wider 360 degree picture of where we were and a fresh perspective on how to lead the team forward."

Chris Rose, Director of a London based international human rights charity.

For more information on how coaching from Spectacles could benefit your organisation, please contact...

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