

Coaching during Covid19 – The benefits of Thinking about your Thinking (TAYT)

Dr Jeremy Hinks PCC SFHEA, Alpamayo Coaching Ltd

Have a look at the coaching opportunities below and get in touch to discuss how we might partner in making the best of them. There will be limited numbers in each category so get in touch quickly if you are interested!

Covid-19 is dominating every aspect of our lives and will be for some time to come. An essential feature of our battle with it is social distancing and isolation from each other. For all of us this will cause a tension as we are fundamentally a social animal, recognising that we are, in general, better together.

Virtual connectivity is providing a solution for many in this area and will be a huge asset in keeping friends and colleagues connected socially and professionally.

How though are you managing your own thinking and feeling in the face of Covid-19's challenges? Have you thought about a virtual coaching partnership as a means of unravelling your thoughts and emotions?

Coaching can help you in so many ways. It provides a protected time and virtual space for you to hear your own thoughts as you 'think them out loud'. In making them conscious you often find you have the power to reorganise them into something more purposeful for you.



www.alpamayocoaching.com

FREE! 'Port in a Storm' Coaching – a 60-minute session for you to talk about the thoughts and feelings going on for you right now. Available to individuals and delivered virtually (zoom or 'phone). The potential value of this will be greater clarity in your thinking, a sense of priorities and a direction in which to move forward.

FREE! Virtual Seminars – to working groups or existing networks on topics around leadership, coaching skills, harnessing diversity, coping with change, resilience and stress and more. The feel would be to create an informal, informative and interactive 60-90 min session. The twin outcomes will be togetherness and shared learning.

COST PRICE: Building self-awareness using a Lumina Spark Portrait. Lumina Spark is a brilliant profile that helps you explore your context dependent behaviour preferences. Thinking about this during a time of challenge might be helpful to you in the short and the long term. A full electronic copy and one hour virtual coaching is £150.

50% DEFERRED PAYMENT: for bespoke individual and group coaching programmes. Typically an individual coaching programme will be 4-6 x 1 hour sessions. Group coaching will typically be in groups of 6-8 with each session being 90-120 minutes. For both individual and group coaching there will need to be an introductory session to discuss your purpose and desired outcomes (free). Guide prices for individual corporate coaching is £150 per session and for private individuals £100 per session. Group coaching prices vary depending on your needs. In all cases 50% of the fee will be paid up front **and 50% deferred to September 2020.**

'Jeremy's technique in facilitating 'thinking about your thinking' has opened my eyes to what thoughts I have, what they mean, and how they affect my behaviours so how I can make changes to move forwards.'