

# The Confident Leader Programme



**Your team like working with you. You care and get things done in a very human way. You are proud to have become a leader and bring many strengths.**

**The trouble is your lack of confidence is undermining your enjoyment of the job and shows up in other ways, like worrying excessively about how you come across when influencing senior people, taking criticism personally or poor-work life balance... because drive yourself to high standards that you can't sustainably achieve.**

**Our Confident Leader Coaching equips you with the skills and mind-set to own your own brilliance and achieve the professional and personal success you deserve.**



You are smart, well-educated and have received promotions for your excellent work. So why is it that you always feel like an “imposter”? You can see other people’s strengths, but somehow you can’t see your own. You lack belief in your own abilities and are waiting to be “found out”.

- Would you like to lead with more grace and ease, and achieve much more with less stress?
- Would you like to feel confident from the inside out (instead of faking your confidence with tips and tricks)?

**Our Confident Leader Programme works on two levels. First, we give you the practical skills to grow your leadership skill. Secondly, we work on shifting your mind-set and creating the productive habits to that will set you up for success in work – and life.**

**Where do you wish you could have more confidence? How would things be different for you, your team or your organisation, if you accomplished that?**

*“I have worked with Tim for about five years now, most recently as a coach for our company. We entered into an arrangement for him to provide a program of management development and coaching for seven individual managers, comprising Directors and Area Managers. All participants have spoken highly of their experience and found the opportunity to reflect on their management practice in a structured setting to be of great benefit. Organizationally, the coaching has enabled us to make our business, and particularly our meetings, more productive and improved communication between teams and individuals. This has freed up time for more productive activities and enabled the strategic team to focus on development activity.”*

**CM, CEO**

**The Confident Leader Programme** is especially designed for women in leadership. Discover how to put your feeling of “not good enough” behind you once and for all and become unstoppable!

This programme works on two levels:

1. Giving you the **practical tools to grow your skills and capabilities as an effective leader** for your role and objectives. Know what to be doing and practice how to do it in the session and feel more equipped to do it back in the workplace.

Choose from any number of new leadership skills and qualities that you want to develop so you can be articulate in meetings, demonstrate leadership presence, be heard and enjoy influence and impact up, down and across your organisation or visibility outside of it, and progress your career.

2. **Shifting your mind-set, and creating the productive habits** that confident leaders employ, to set you up for continued success.

- Identify your strengths and learn how to play more to them at work to feel more confident, more energised and to apply for promotion confident you can do the job.
- Discover the values that most drive you, and how to apply them to lead with authenticity and courage and to stop unfavourably comparing yourself against your peers.
- Discover what neuroscience can teach you about what triggers the human brain so that you can be aware of what stresses you and to rewire your brain so that you relax more, and trust and not panic when doing something for the first time. You can also use this knowledge to prevent resistance and influence others.
- Build healthy habits for life that will stop you from overcommitting to the wrong clients or projects out of an unhealthy desire to please, and to set boundaries that enable you to do amazing work without burning out or having your evenings or weekends swallowed up by work.



## HOW THE CONFIDENT LEADERSHIP COACHING WORKS

- After an **initial exploratory conversation**, if your company is paying, we would normally set up a **three-way call** with your manager to determine the overall topic for our coaching, followed by a
- **360 assessment and feedback session** or interviews with stakeholders to confirm your leadership strengths and potential performance risk areas. We can use your company 360 assessment or offer suggestions for ones we can deliver. We'll refine your coaching goals including the strengths you'd like to grow and the gaps you'd like to close to be a more confident leader.
- **Programme of coaching sessions (11, 8 or 5 coaching sessions) to develop your leadership skills.** We combine working on mind-set with skill-building through practice, with actions to take between sessions to practice skills and form new habits. Accountability in the form of sending call strategy forms to your coach before each session.
- All underpinned by our **proprietary frameworks and resources**
- **Progress reviews** midway and at the conclusion of the coaching to assess progress made towards initial objectives.
- **Email support** from coach as and when needed between sessions.

Sessions may be taken by telephone, Zoom or your web-conferencing platform, or a mixture. Private coaching, where the organisation is not directly involved, is also available.

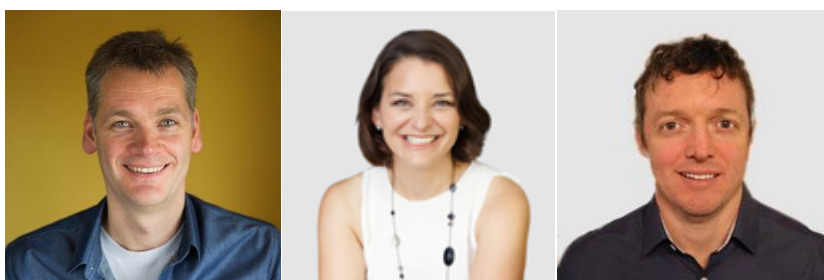
## HOW CAN I FIND OUT IF THIS IS FOR ME?

The Confident Leadership Programme is most suitable for all leaders, from first time managers to executive level. Coaching goals vary with level of seniority, but the coaching structure remains similar.

The results you achieve will be determined by the level of focus and commitment you give to this programme. You will be more successful if you are open to being challenged, have the courage to step outside of your comfort zone and the discipline to follow through on actions arising from each call. You value learning and are committed to your own professional and personal excellence.

To find out more about how this programme works and whether it is suitable for you, we advise you to book a no-obligation 40-minute consultation by phone or Zoom through our website (details below).

## Our coaches for The Confident Leader programme are Tim Fordham, Rosine Suire and Jon Palmstrom



To learn more about your coaches and to book your consultation, go to

<https://www.thecareercoach.co.uk/meet-the-team/>

*Rosine is a deeply authentic and empathetic person with supreme listening skills and an uncanny ability to help people connect solidly with their core values and internal operating system. She is a passionate, selfless and skilful coach who holds a genuine interest in helping people realise their potential. I would not hesitate to recommend Rosine to anybody who is considering a leadership coaching journey.*

**Graham, Digital Engineer Manager, Utilities**



Website: [www.thecareercoach.co.uk](http://www.thecareercoach.co.uk)

Phone: +44 (0) 20 7702 9299