



SPOYSER COACHING

Resilience Coaching



Our Approach to Resilience

We take a positive coaching approach to help your employees identify what may be holding them back from looking after their mental wellbeing. Our focus is always on giving your employees the support they need to become more resilient.

We have expertise in supporting people with their mental health, wellbeing, addiction, workplace stress, digital distractions, improving focus and leadership. This experience and passion have equipped us with the skills and knowledge needed to be able to support you to become more resilient, manage stress at work, and prioritise your mental wellbeing.

Our coaching sessions empower you to take control of different areas of your work-life to help you face your fears, reduce burnout, manage perfectionism, look after yourself, achieve a healthy work-life balance, and improve your confidence.

We want to ensure that our programmes have the best possible outcomes for you. In order to achieve this, we will have an initial meeting to identify your key areas of development.

INTERESTED???

HOW MUCH DO THESE SESSIONS COST?

We can offer as many sessions as you need to reach your resilience goals.

We charge £100 per session.

If you are ready to take the first steps in becoming more resilient you can book a discovery call here:

<https://calendly.com/spoyser>

Or get in touch with us:



www.spoyser.com



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