

Jewel Training & Development Ltd

Coaching Options

Coaching is the practice of providing positive support and feedback, in one to one sessions. It is also offering occasional advice in order to help them recognise ways to improve the effectiveness of their business and working practices. Coaching is an excellent way to attain a certain work behaviour that will improve leadership, employee accountability, teamwork, sales, communication, goal setting, stress management, strategic planning and more.

Jewel Training & Development Ltd offer different types of coaching such as:

- Business and Executive coaching
- Career coaching
- Personal coaching
- Coaching and Mentoring workshops
- ILM level 3-7 Coaching and Mentoring Qualifications

Our four stage coaching approach:

1. **Jewel** Coaches ensure that a confidential and comfortable relationship is established between themselves and the individual. This is completed through an initial consultation to discuss the need of the client, frequency of meetings, creating a contracting agreement and ultimately to check that coaching is the right process to satisfy the need.
2. The **Jewel** Coach then helps the client develop achievable outcomes to focus the coaching sessions. The **Jewel** Coach will work with information from 360 degree feedback and other profiling tools (DISC, MBTI, SDI, EQi, Talent Q or Competencies), if appropriate.
3. The **Jewel** Coaches use a wide range of disciplines and methods to coach. The coach will challenge, facilitate and encourage the client so that they examine the present situation, generate options and decide on the most inspiring path to follow to achieve their outcomes.
4. Finally, **Jewel** Coaches support the client to carry out and sustain their outcome through coaching plans and telephone and email contact.

Profiles of our Professional Coaches

Julie Johns, Jewel Training & Development Director

Julie is an experienced personal development coach who specialises in people development and life skills. As a qualified life, business and performance coach, Julie focusses on coaching business, leadership and management issues. She is also trained in stress management and transactional analysis as well as DISC (Dominance, Inducement, Submission, and Compliance) and Thomas International EQi (Emotional intelligence) tools. As a skilled facilitator and people developer, Julie uses a variety of tools and techniques to enable individuals and companies to meet their full potential. These include NLP, accelerated learning, provocative coaching and other inspirational and dynamic learning approaches. Julie's style is fun, energetic, practical and motivating. She ensures that, whatever individuals learn, it is applicable to improving their work and personal life.



Alison Hallford provides expertise in people and management development, leadership skills, and facilitation. Alison has a BA (Hons) in Economics and Sociology, is a Member of the Chartered Institute for Personnel and Development, NLP Business Practitioner, holds NVQ D32 and D33, is qualified to the British Psychological Society certificate level B and is now an NLP Master. Alison utilises profiling tools such as MBTI (Myers Briggs Type Indicator) – individual and team, SDI (Strengths Deployment Inventory) and SHL (Saville & Holdsworth Ltd Occupational Personality Questionnaire) in her coaching. She specialises in management and leadership, and self-awareness coaching.



Sian Starr excels in workplace coaching issues, such as confidence building for presenting and dealing with difficult situations and people. Her coaching career started with Pricewaterhouse Coopers where she was responsible for providing interpersonal skills coaching for all support staff. Her style encourages participation by using a variety of techniques. This ensures all delegates benefit from her coaching and are able to transfer their learning to the workplace. She creates a relaxed atmosphere within her coaching sessions and will guide clients to come up with their own ideas and solutions.



James Taylor is a journalist and professional writer who believes that all coaching should be enjoyable, as well as practical. James coaches on written and verbal communication. He has written over 120 books and also edited a specialist magazine for ten years. He graduated in Modern Languages from Oxford University and went on to take a PhD, then qualified as a trainer and coach with the ITD while working for the Civil Service in the 1980s. He has run writing and other courses for more than 25 years, and continues to work as a journalist and author alongside his coaching and training activities. James has also worked as a consultant in the public sector, assisting with the development of complex report structures for specific purposes.



Simon Williams has been involved in training and development for over twenty years. He is a communication and business coach who has an encouraging, challenging and sometimes “off the wall” style. He began his career with Rank Xerox holding senior positions in Sales Management, Major Account Development and Training. Simon’s work in training and personal coaching extends to such disciplines as Leadership Development, Relationship Management, Team Dynamics, Business and Personal Stress Resolution, Change Management, Organisational and Personal Motivation, Communication, Customer Service, Sales Strategy and Negotiation. Through Simon’s research into modelling top industry performers, his work with both call centre and customer facing sales teams has produced significant results in improving performance and transforming conversion rates. Simon is a qualified Master Practitioner of Relationship Awareness. He is also a qualified Therapist and Stress Management Consultant. He has completed stress management coaching for one of **Jewel’s** Aerospace clients to assist individuals in dealing with a highly pressurised environment.



Martin Isaacs (Izzy) is an experienced Human Performance specialist with over 15 years of experience in Selection and Assessment, Learning and Development, Coaching, Performance and Educational Methodologies which he uses to design and deliver results focused programmes. This experience was gained in both the private and public sector, both at home and abroad, and has led to a Ministerial award for programme quality and delivery. Izzy has the following qualifications CIPD Certificate in the Psychology of Management, VnuLearning Certificate in Performance Consulting and CIPD Advanced Certificate in Coaching and Mentoring.



Coaching rates

Our competitive coaching rates are:

- £200.00 +VAT per 1 hour session
- £350.00 +VAT per 2 hour session
- £500.00 +VAT per 3 hour session

The number of sessions will be agreed at the initial consultation meeting and a formal proposal outlining all terms and conditions will be presented to the client.