



One-one coaching

UNTANGLE AND GROW

At its simplest, coaching is about two things – helping individuals to ‘untangle’ and ‘grow’.

Untangle: We all find ourselves in a knot from time to time and the value of an external perspective to help us sort things out can be inestimable. This could be as straight-forward as getting really clear on what we want and need or figuring out what is really stopping us moving forward.

Grow: We all need to keep growing – none of us is the ‘finished article’. Coaching focuses on helping people develop and perform. This could look like helping an individual to bring greater influence and presence to the workplace, or to discover ways of working more effectively with others.

"Personable, expert, high integrity - Alison is an extremely insightful individual with a voracious appetite for practical tools and theory and how to apply them effectively to the working environment. She clearly understands what drives organisations as well as individuals and has the skills and integrity to apply this effectively."

Director of Business Development at
Boots The Chemist

Untangle and Grow

info@alisonmaxwell.com

01780480287


Alison Maxwell

Coach, team coach & coach supervisor
MA, MA, AC Accredited

The process

Each coaching programme is highly tailored to client needs and objectives. We offer 1, 6, and 12 hour packages—either face to face or by telephone or Skype.

Success is not only helping with your presenting problems but also expanding your skills, capabilities and thinking for the future

About Alison

Alison Maxwell is a highly experienced and qualified leadership coach, with deep experience of working as a 'thinking partner' to business professionals. She has worked in a wide variety of sectors and has extensive international experience.

She holds an MA in Coaching and Mentoring, as well as post-graduate qualification in coaching supervision (both with distinction). She is an accredited member of the Association for Coaching.

Clients include leaders from Alliance Boots, GKN, AEC, Rolls Royce, G4S, Pricewaterhouse Coopers, Pentland Group, Holland & Barrett, and Electrocomponents Plc.



- Initial chemistry meeting
- Pre-work including meeting with line manager if appropriate
- Agreeing ways of working—setting up the relationship to succeed
- Finding the focus—what will be central to your success
- Exploring your 'story'—how do your assumptions serve or hinder you?
- Experimenting with new ways of behaving & thinking
- Setting you up for the future

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