



Performance Coaching
International

TRANSITION COACHING

SUPPORT THROUGH CHANGE

In our careers, changes take place all the time. They come in many different forms; a promotion, a new role, a return to work after a break or joining a new business. Unfortunately, even the best-planned and most desired changes can lead to life's toughest challenges.

Performance Coaching International has devised a coaching programme for assisting in such transitions. If navigated positively, changes to our working lives can be catalysts for newfound inspiration and boosted performance. Those who succeed following change are individuals who are honest, reflective, resilient and ask for help. Our programme aims to:

- Create a 90-day plan to map out progress goals
- Maximise your strengths in a new role
- Diagnose problems and fears to tackle them directly
- Help build trusted relationships with new colleagues and stakeholders
- Teach how to harness the power of new and old networks for success
- Build a high-performance team around you
- Assist in making strategic decisions early to improve speed of transition



Our coaches have led major change initiatives themselves. They work closely with you, or those in your organisation experiencing transition, to support them on a short-term basis. Working alongside an experienced coach allows individuals to take a step back, analyse their new situation and better understand their own needs and emotions.

We appreciate the difficulties people face in uncertain situations and are best-placed to help them find a positive route. Leaving the old world and stepping resourcefully into a new world. Embracing change as an opportunity to reshape ourselves and create a new future. Transition is crucial if we are to learn and evolve with a positive mindset



Changes can be daunting, challenging, exciting or unexpected. Whatever your emotions, Performance Coaching International is ready to support you and your organisation take control of your own success and happiness.



I want it! What now?

Let's start with an open conversation that will lead your team and your organisation to more sustainable high performance. Contact us today:

Tel: 01708 510345

Email: info@performancecoachinginternational.com




Performance Coaching
International