

# Boost

Unlock your middle-leadership potential with personalised coaching.

Boost is a 60-day programme to support you to shift to a leadership mindset, to lead with purpose, confidence and impact.



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Certified coach and systems leadership trainer



knowledge-weave®

## Why do I need this?

A middle-leader role can be challenging.

Are you:

- **Under pressure** from senior leaders and team members
- **Struggling to find confidence and flow**
- **Concerned about having difficult conversations.**
- Unsure about **how to foster collaboration, build trust and support teams** effectively
- Finding it **hard to disconnect from work at home?**

## Why is coaching the solution?

Coaching is the most effective way to foster new thinking habits that uncover **fresh approaches and productive work practices.**

You will gain **space to pause**, analyse your thought patterns, think deeply about how these drive behaviours and impact, so you can adopt a **new mindset** that **empowers** you to **lead with purpose and confidence**, and **create meaningful change.**

## What's included?

Boost includes four online coaching sessions, tailored to your unique needs. You will:

- Build self-awareness
- Develop new thinking habits and have fresh approaches
- Put your leadership mindset into action

There are also further optional **webinars, videos, self-learning and Q&A sessions** you can sign-up for, covering a range of knowledge-building themes.

## Getting started!

Interested?

**We are offering Boost on promotion to the BestofSudbury £695 £495**

We'd love to tell you more about Boost and answer any questions. Click the button below to have a chat.

**CHAT NOW**

## Boost your leadership journey

Book a **15-minute chat** to find out more

Have a **FREE 1-hour coaching session** with a **certified coach**

**Sign-up to BOOST** set your leadership goals, and access **other resources**

**Four COACHING SESSIONS**, with time to practise between sessions