

SMALL | RADICAL | CHANGE

Kapow Coaching

We are still passionate about Coaching to make a difference and inspire positive change and growth for you, your teams, and your organisation.

And we recognise that in today's climate that Mental Fitness and authentic Leadership are critical for sustained wellbeing and success.

So our three key offerings are: Coaching, Mental Fitness and Leadership.

Visit our website for free events, resources and our monthly blog.

Curious

Conversations© 4 days, 6 coaching conversation models. Training managers to

Senior Leadership Coaching

For leaders to reconnect confidence and decisiveness

Systemic Team Coaching

A process that Looks through different lens within your wider system, to create decisive teams.

Virtual Action Learning Sets

6-week problem solving process. Developing accountability

MENTAL

FITNESS

COACHING

Bitesize training

hour webinars leadership expertise

LEADERSHIP

The Being and Doing of Leadership®

more authentic leader. 'doing' tools of leadership

KAPOW COACHING'S **OFFERINGS**

3 Days Resilience A six step model that helps to develop personal and work reduce stress

45 - 90 minute webinars

practical tools to reduce stress. manage your and to move from a negative to a positive minutes

Team training

Half to one-day deep-dive sessions to build inner resilience. stress management tools and sabotage selfawareness

Contact Kate Flory to chat about our Coaching, Mental Fitness and our Leadership offerings. Or pick up the phone to say 'hello'!