



Kapow Coaching Leadership

Leadership Services
eLearning Platform



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“Inspiring small radical changes, one conversation at a time.”

People often wonder if the name ‘**Kapow Coaching**’ comes from the world of superheroes. In fact, it’s from the home of sequins and sparkles, a Salsa dance step that is used by your partner after they’ve done their shine (*in other words, showing-off a bit!*).

Literally meaning ‘**I’m ready**’ – Kapow Coaching works with individuals, teams and organisations who are ‘ready’ to be inspired, to learn, and be willing to stretch their thinking to become better versions of themselves.

Kapow Coaching was formed by Kate Flory in 2002 focusing on three areas of development:

Coaching | Leadership |
Mental Fitness





At Kapow Coaching, we help leaders, HR professionals, and organisations unlock growth and performance through coaching and training that creates lasting impact. Whether you're looking to develop individual confidence, strengthen team collaboration, or build organisational resilience, we bring the tools and expertise to make it happen.

Our services range from one-to-one coaching and team programmes to interactive workshops and eLearning — all designed to spark those “lightbulb moments” of insight and change.

With a UK-wide team of certified coaches and mental fitness specialists, we match the right expertise to your needs. And because we're passionate about making a difference, you'll find our approach both supportive and solution-focused, with plenty of creativity along the way.

If your organisation is ready to unleash its potential, let's start the conversation.



Leadership

The Being and Doing of Leadership | Bitesize Training



THE BEING AND DOING OF LEADERSHIP

A 6-day leadership programme to unlock your leadership potential at every level

In today's fast-paced business world, organisations rely on their people to 'step up' into leadership roles, or 'step back' to develop the next generation of leaders. Yet many emerging leaders and new managers feel out of their depth, unsure how to 'be' a leader or 'do' leadership effectively. Meanwhile, senior leaders often struggle to let go of control, unintentionally holding back leadership talent.

Our **Being and Doing of Leadership** recognises the **5 positions** of leadership that anyone at any level has access to – training leaders to explore their Inner and Sensing Leader, how to be a Leader Behind, Beside and In Front, and helping **everyone in an organisation to realise their full leadership potential**.



Some of our past participants from our Emerging and Diverging Leadership programmes

An Overview of the 6 days

Our six days of training are highly interactive and hybrid, with pre and post material available on our eLearning site. Designed for groups from 8 to 20 of Emerging Leaders (new to role, or junior), Diverging Leaders (5 plus years in leadership), or Mixed group of leaders (for smaller businesses), delivered by one or two qualified leadership coach trainers.

The Benefits of The Being and Doing of Leadership

Emerging and Diverging Leaders look at their 'invisible' and 'visible' strengths, skills, attitudes, and will learn leadership tools to:

- Be more confident in decision making at all levels.
- Have greater clarity on roles and responsibilities and feel more empowered to take the lead.
- Improve communication impact and be aware of own communication preferences.
- Take a more strategic approach.
- Be able to understand team dynamics and how to motivate teams.
- Set personal goals and improve planning.
- Deepen the leadership skills for new and experienced managers, creating a stronger lead pipeline.

What are the biggest barriers to developing your leadership talent? Discover how The Being and Doing of Leadership can help, and how we can transform your leadership culture. Give us a call or email, to find out more.

BITESIZE LEADERSHIP TRAINING

Flexible, impactful leadership training that fits into your busy workday

In today's hybrid and fast-paced workplace, leaders need training that is practical, impactful, and delivered in bite-sized sessions that fit around their day.

Which is why we offer flexible bite-sized training, in-person or online via your preferred platform, ranging from 30-minute sessions to half-day workshops. Organisations can choose from our proven topics or work with us to design bespoke sessions tailored to your team's needs.

Some of our popular 30, 60 and 90-minute online training:

- **Daring to be Vulnerable** - build trust and openness within your team.
- **Fierce Compassionate Leadership** - lead with empathy without losing authority.
- **Creating a Coaching Culture** - embed coaching into everyday conversations.
- **Circle of Control** - focus on what you can influence and reduce stress.

Some of our Half Day in-person training

Interactive training sessions, brought to life by shared experiences from your team, as they collectively explore and learn new insights into some of these leadership topics of:

- **Feedback and Difficult Conversations.**
- **Exploring Team Dynamics.**
- **Generational Differences.**
- **Delegation Skills and Learning to Let Go.**
- **Saying No and Creating Boundaries.**
- **Think, Act and Feel more Confident.**
- **True Colours** – understanding communication styles.

Ask us for a fuller outline of any of our bitesize sessions.

The Benefits of Bitesize Training

By paying attention to your organisations personal and professional development, research tells us that engagement and confidence is improved, motivation and innovation is increased, and loyalty is fostered as you send a clear signal to your people, that they are valued.

Our training sessions are designed to be work-based practical and inspirational, creating the right environment for continuous improvement to flourish – even in just 30 minutes.

Contact us to discuss your specific leadership topics, ideal timings, and preferred delivery options.



An example of our in-person training



One of our online training sessions

eLearning Platform

5 Day Leadership Challenge | 5 Day Challenge on Curious Conversations |
Mental Fitness HIIT Session | Resilience Part 1, Part 2, Part 3 |
Carry on Building your Positive Intelligence (Past PQ Podders)

HOME

CATALOGUE

HELP



Catalogue

SEARCH



CATEGORIES

Maximum price:

Sort by: Name



5 Day Challenge on Curious Conversations

Training managers to have coaching conversations at work



£42.00

BUY



5 Day Leadership Challenge

Learning about the 5 leadership positions within The Being & Doing of Leadership through daily challenges - suitable for both



£42.00

BUY



Building your Personal and Work Resilience - Advanced Level Part 3

Building your Personal and Work Resilience. The third of three programmes in our resilience model. (Part 3 Advanced)



£66.00

BUY

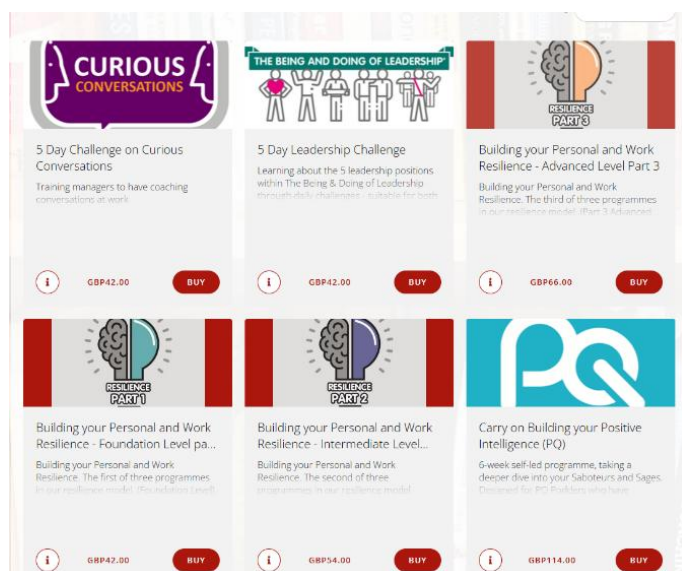
Self-led learning, anytime, anywhere

In today's hybrid world, finding training solutions for geographically dispersed, time-poor teams can be challenging. Traditional off-the-shelf packages are often too rigid. Kapow Coaching's eLearning programmes give individuals and teams the flexibility to develop at their own pace, on their own schedule, with 12-month access to materials.

Our eLearning solutions provide a mixture of bitesize training and more in-depth training around our core expertise areas of **Coaching**, **Leadership**, and **Mental Fitness**, to help you support anytime, anywhere training.

Our selection of 5-day Challenges is the perfect way to upskill without committing to our fuller, live programmes such as The Being and Doing of Leadership and Curious Conversations. And our Mental Fitness HIIT provides standalone wellbeing support.

We've developed three programmes based on our Building your Personal and Work Resilience 6-part model, that can be used as standalone training solutions, or as progression from Foundation, to Intermediate to Advanced level training.



From our eLearning Catalogue

Putting you in the driving seat of when and where to train, we can offer:

- **The Being and Doing of Leadership**, 5 Day Leadership Challenge.
- **Curious Conversations**, 5 Day Challenge on Curious Conversations.
- **5 Day Mental Fitness HIIT Sessions**.
- **Foundation Level Resilience** (part 1).
- **Intermediate Level Resilience** (part 2).
- **Advanced Level Resilience** (part 3).

All our eLearning programmes are available to demo for free — click on the links to explore the catalogue today and put your people in the driving seat of their development.

The Benefits of self-led learning

eLearning allows individuals to take control of their development by choosing when and how they learn, and for some it removes the discomfort of in-person group interactions. Without someone monitoring progress, these offerings encourage self-motivation and the opportunity to re-visit the learning, as the materials are available for 12 months.

For smaller organisations, our eLearning offerings are a cost effective and flexible solution for more one-off development needs for individuals or the whole team, without committing to an expensive eLearning platform.

How can eLearning enhance your learning and development?

Our Clients

Coaching | Leadership | Mental Fitness



Get in touch

Call, email or send us a message on our socials. We'd love to hear from you if you are interested in one of our Coaching, Leadership, or Mental Fitness training options.

