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Kapow Coaching

A lot has been happening at
Kapow Coaching, and we wanted
to let you know how we can carry
on coaching, training and
inspiring you and your
organisation.

Coaching will always run through our veins, however to help you understand our current offerings, we've simplified them to just three: Coaching, Mental Fitness and Leadership.

Visit our <u>website</u> for free events, resources and our monthly blog.

Curious Conversations

3 days, 4 conversation models. Training managers to have coaching conversations

Snr Leadership

Reconnecting to leadership passions and remembering inner strengths

Virtual Action Learning Sets

Developing peer coaching skills & accountability over 6 weeks

COACHING

1 hour webinars

Improving Mental Fitness for improved relationships, productivity and happiness

Bitesize training

from 45 mins to 2 hours of leadership development webinars & workshops **LEADERSHIP**

KAPOW'S OFFERINGS

MENTAL FITNESS

Mental Fitness HIIT sessions

Recorded 3
sessions of
practical
tools. Moving
from negative
to positive
mindset

The Being and Doing of Leadership

6 months, 5 models for Diverging & Emerging Leaders to step back & step up to leadership

Positive Intelligence

8 week
programme for
lasting Mental
Fitness via unique
app & group
coaching

Team training sessions

Half-day **d**eeper dive into building inner resilience, Mental Fitness and noticing your Saboteurs

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