

Harmony Coaching

Working with you in mind



If you knew there was one thing you could do today to achieve more from your professional or personal life, what would you do next? Most of us know we could achieve so much more satisfaction, productivity, profit and personal well being when we take the required actions.

You can achieve great things by engaging the services of a professional Coach from Harmony. Sensitive, individually focussed, actioned centred Coaching will help increase your personal awareness, influencing ability and personal responsibility. Your Harmony Coach will stimulate and deepen your learning, improve overall performance and enhance your ability to create forward movement in your professional or personal life.

Harmony offers Coaching uniquely crafted to suit your individual needs and the wider needs of your organisation. In one-to-one coaching with a Harmony professional Coach you will focus on proactivity and on bringing about the changes you wish to see in any area of your life.

Coaching offers you a supportive, non-judgemental thinking environment in which you can bring about professional development and growth, stimulating new thoughts, behaviours and approaches. You will be challenged in your thinking and encouraged to consider alternative views and perspectives by a coaching professional whose focus is to support you and your development.

Coaching is ideal for you if you wish to explore changes within your professional or personal life and also supports you when you are looking to re-engage with colleagues within the workplace following a period of difficulty.

Whatever you are seeking to do, Harmony is working with you in mind.

**Call Harmony now on 01908 588142 and
begin to make the changes you wish to see**



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