



# EXECUTIVE COACHING

**BECOME THE BEST VERSION OF  
YOURSELF**

Our mission is to help you optimise your life and fulfil your true potential, both professionally and personally.

Through our coaching sessions, we challenge you to push your boundaries, increase your self-awareness and discover how you can exceed your goals.



# COACHING SESSIONS

Executive coaching is a powerful and effective development tool for leaders in any organisation that are looking to optimise their performance.

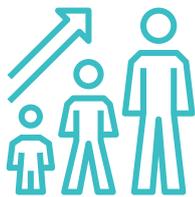
Whether your focus is on professional or personal growth. Our coaching sessions are designed and tailored to your needs and goals.

## PROFESSIONAL DEVELOPMENT



- Develop your leadership skills
- Thrive in your new role
- Define your goals and routes to success
- Progress in your career
- Identify solutions to specific work-related issues
- Develop methods of managing stress, change, conflict or crisis

## PERSONAL DEVELOPMENT



- Understanding your personal motivation
- Recognising your superstrengths
- Increase your self-confidence
- Exceed your goals and expectations
- Improve your self-awareness
- Push your boundaries

## HOW THE SESSIONS WORKS

- To see results, we ask you to commit to at least 2 sessions a month for a minimum of 6 months.
- You decide your progress and your results. The bigger the commitment, the better the results.
- We do all our sessions online at the moment.
- We assign the best coach for you and your profile.



# WHO WE ARE



## MEET OUR ETERNAL OPTIMISTS



**Ollie Phillips**  
England 7s Captain, Adventurer  
and Founder of Optimist



**Jade Johnson**  
Olympian, European &  
Commonwealth Champion.



**Laura Penhaul**  
Extreme Adventurer, World Record  
Holder, Physical & Mental  
Performance Coach



**Ryan Jones**  
Wales Captain & British Lion; Head  
of Performance Programme, WRU



**John Fletcher**  
Co-Founder, Magic Academy &  
Head of Player Development, RFU



**Tamara Taylor**  
World Cup Winner, England  
Captain, Performance Coach



**Maggie Alphonsi, MBE**  
World Cup Winner, Athlete  
Mentor & National Pundit.



**Russell Earnshaw**  
Elite Performance Coach &  
Founder, The Magic Academy

## WHAT OUR CLIENTS SAY ABOUT US

My coach has been great. His holistic approach has ensured that I see how all aspects of my life are affected by each other and helped me identify how I can pull those together to perform at my best.

Director at Tilney  
Smith & Williamson

An outstanding business consultant. I have never worked with someone on strategic C-suite engagements with a client relationship skillset of his calibre! Truly inspirational.

Head of technology  
at Norsk HYDRO

One of the best consultants I have ever worked with. Thinks on a different level (bigger and broader) than anyone I know. Incredibly focussed and determined to deliver... and all done with a fab sense of humour.

Director, Lloyds  
Banking Group

GET IN  
TOUCH



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