



# Executive Coaching

## Career coaching

Three sessions minimum (recommended)

Focus on finding a way to your best and most sustainable possible professional future.

Individual sessions with Amy.

## Productivity coaching

Six sessions minimum (recommended)

Address challenges in your professional life; create better relationships and achieve more at work.

Individual sessions with Amy.

## Leadership coaching

Six sessions minimum (recommended)

Learn communication techniques, empathy and direct strategies for increasing the morale and efficiency of your team.

Individual sessions with Amy (or this can be adapted for groups of no more than four).

## Authenticity Workshop

One full-day session

Develop the ability to stay present, and therefore effective, even when you are anxious or angry — to maintain your sense of self in the face of pressure and disharmony. Learn to use your strengths to communicate honestly and effectively with clients, superiors, peers and direct reports.

Amy will demonstrate just how authenticity and presence enhance a workplace, and how to achieve them through both proven theory and practical exercises.

## Consultancy

Every workplace is different; each has its own challenges. Amy Kersey can assess these challenges and address them with a customised program of individual and group sessions and workshops, so that staff and management alike maximise their strengths and wellbeing, and their professional achievements. Whether presenting to an auditorium, listening to a team member in an individual session, or leading a roleplay training session, Amy is precise, insightful and extremely effective.