

**COACHING AND LEADERSHIP
PROGRAMMES WITH A
DIFFERENCE**

**LEADERSHIP FOR THE FUTURE –
A COACHING APPROACH**

WELCOME TO THE FUTURE OF LEADERSHIP!

Whether people are happy and productive at work depends so much on how they are led. You're here because you want to be the best for your teams, so that they can be at their best for your organisation.

Luckily, you're in the right place.

Where we've sprinkled our magic, workplaces have thrived.
Here at boo we do things differently, and we do them well.



ABOUT TEAM BOO

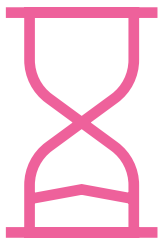


Team Boo delivers word-class executive learning solutions. Our coaching, mentoring and leadership programmes have helped thousands of bosses be better bosses



At Boo we put wellbeing at the heart of all we do. This means that when you join one of our programmes, not only will you be learning about wellbeing, we want you to feel supported and cared for during the process.

ONE MORE THING...



For every day that we are commissioned to deliver, we bank an hour to give back to the community. When you join one of our programmes, you are part of creating that social value.

CHANGING THE WORLD, ONE WORKPLACE AT A TIME.

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WELCOME FROM TEAM BOO.

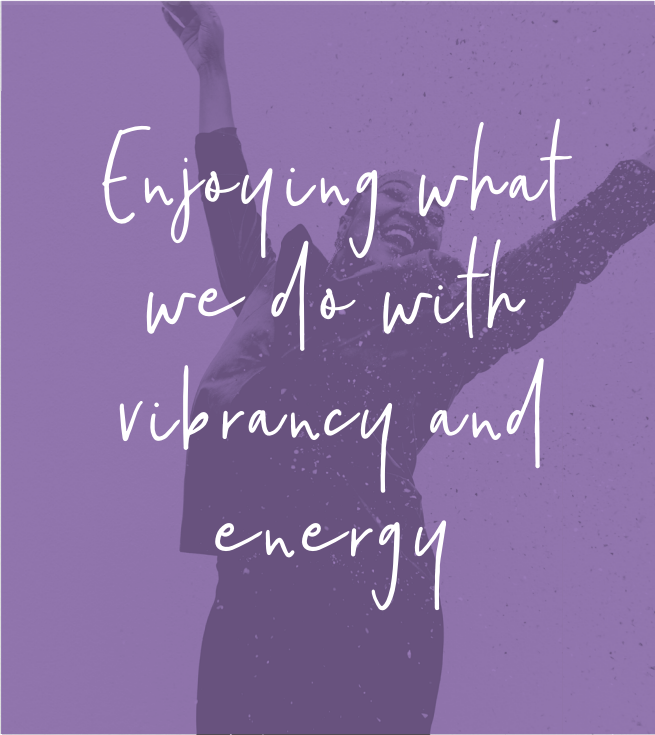
Since we launched in 2012, we have done business in a different way. Our learning environment is energetic and vibrant whilst offering a real challenge which meets the needs of adult learners. Our coaching programmes challenge leaders to reflect on the impact they can have, not only on their teams and organisation but also on the wider system and the communities within which they exist.

In today's volatile world leaders need to ask rather than tell; the challenges are huge but a coaching approach engenders confidence, encourages collaboration and builds resilience. We want to share the stories of the impact our coaching programmes have had and how we have supported transformational change. Over the last 3 years we have consolidated our belief that coaching has the power to change lives.

We have been privileged to be part of the amazing journeys undertaken by individual clients and when supporting large organisations to embed a coaching culture, we have seen a truly transformational shift as the workforce is empowered to unlock their potential. But we can't stop there. After witnessing this capacity to transform, we passionately believe that coaching has a fundamental role to play in our society at all levels.

Team Boo

OUR VALUES



Enjoying what
we do with
vibrancy and
energy



Seeking every
opportunity to
learn and
develop



Caring for our
team, our
customers and
our community



Collaborating to
create the
complete
customer solution

A SELECTION OF CUSTOMERS WE HAVE WORKED WITH IN THE LAST 2 YEARS



SUPPORT, LEAD, INSPIRE

ROLE MODEL EXCELLENCE IN YOUR ORGANISATION

This two-day programme enables leaders at all levels to build confidence and competence in their leadership skills. The first day focuses on the leader as an individual with the opportunity to explore what has influenced their leadership approach. Day two focuses on leading and inspiring other people in the team. Values form the building blocks of this programme as we know that organisations flourish when it lives by a clear set of values.

The primary outcomes of our Support Lead Inspire programme are to:

- Gain an understanding of our values and what drives us at work
- Build awareness of our own leadership style
- Identify the characteristics of a great manager
- Understand how practicing self-care helps us to maintain our performance.
- Identify steps to care for ourselves
- Identify how communication works and what we can do to improve it.
- Handle conflict within teams in a healthy way
- Help colleagues to be at their best
- Support team members to be part of delivering the team or organisation vision.

WHAT OUR SUPPORT, LEAD, INSPIRE PARTICIPANTS SAY:

'I feel like a new person. Helen did say it wasn't a therapy session, however I feel completely refreshed!'

'Delivered with enthusiasm and energy by someone who understands the NHS – and no Powerpoint!'

'Team Boo create a genuine and empathetic environment to learn with lots of laughter and energy. Expect curious questions, peer sharing and self reflection. ...I can't speak highly enough of this team!'

CURIOUS CONVERSATIONS

EXPLORE YOUR APPROACH TO USING A COACHING STYLE OF LEADERSHIP

Curious Conversations is a two-day programme aimed at supporting the development of a coaching culture within an organisation. It offers leaders and future leaders the opportunity to find out what coaching is and how to introduce this approach into everyday working conversations.

We will cover:

- Contracting for great results
- Asking great questions
- Listening with empathy
- Coaching tools and techniques
- Understanding our unique coaching style

The primary outcomes of our Curious Conversations Programme are to:

- Enable the organisation to nurture a coaching approach to leadership
- Build a coaching culture with the people you serve at the centre
- Build internal coaching capacity - leading to a more cost-effective people development opportunity
- Equip the Quality Improvement Practitioners with additional coaching resources to enhance quality initiatives

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WHAT OUR CURIOUS
CONVERSATIONS PARTICIPANTS SAY:

'The opportunity to learn new skills and refine existing ones in a well-paced and friendly environment.'

'I left feeling refreshed, invigorated and wanting to know more about coaching'

'We interacted about our real situations, thoughts and frustrations, it helped highlight the real world value of coaching'

STRENGTHS-BASED TEAM DEVELOPMENT

FOCUS ON WHAT'S STRONG, NOT WHAT'S WRONG

This team coaching package is aimed at giving the team the opportunity to identify, understand and develop their individual and collective team strengths and values. By focussing on what is strong, teams can grow to reach their fullest potential.

A typical delivery of this package will include:

Firstly each team member will complete an online strengths assessment using an internationally-renowned assessment tool.

We then offer a series of individual and group coaching sessions which will focus on the following...

- Individual coaching session to explore personal strengths report.
- Group session 1. Sharing our stories using lifelines and understanding our why
- Group session 2. Collective and individual strengths using
- Group session 3. Understanding our values and connecting with our core purpose and caring for ourselves and each other

The primary outcomes of our Strength-based Team Development are:

- Identify individual strengths
- Understand the combined team strengths and how the team works at its best
- Develop a deeper understanding of the team and its full potential



WHAT OUR STRENGTHS-BASED TEAM DEVELOPMENT PARTICIPANTS SAY:

'This has been a great session especially the last exercise. It's fascinating to understand colleagues and the shared sense of common strengths'

'Well put together programme, really informative sessions. Very well taught and valued the information shared'

'Thank you, this has been useful and interesting to understand both myself and my colleagues.'

ONE-TO-ONE EXECUTIVE COACHING PACKAGE

Our leadership and executive coaching packages are specifically developed to offer leaders the opportunity to experience supportive challenge in a psychologically safe environment.

You can choose from one of our skilled and accredited coaches to coach you through your journey towards your goal.

Clients choose to start with 3 or 6 sessions which can be delivered over a timescale to suit as well as a choice of face to face or online coaching.

Our coaching packages include

- Initial chemistry session to meet your coach and develop the coaching contract
- Pre-identified number of 2 hour coaching sessions
- The option to complete a strengths assessment which will generate your own personal strengths report
- A Boo coaching kit including wellbeing goodies
- A gift of our beautiful Values cards
- A follow up 30 minute follow up session once all coaching sessions have been completed.

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**WHAT OUR EXECUTIVE
COACHING CLIENTS SAY:**

'A huge thankyou for your wonderful coaching sessions, they really did help with my confidence and gave me a realisation of how much I've been giving. I feel I've grown so much over the past year.'

COACHING SUPERVISION

A CHANCE TO PROCESS YOUR EXPERIENCES IN A SUPPORTIVE ENVIRONMENT

We provide a safe, reflective and guided space to explore solutions to issues that have arisen during coaching sessions. Supervision can also help uncover your strengths as a coach and identify areas for development.

For group sessions we use a coaching circle approach, supporting each other as peers in overcoming challenges and exploring possibilities for action.

We use a range of tools and techniques including:



- Thinking environment approach
- Metaphor cards
- Solution-focused approaches
- We also offer an additional supervision tool called **Coaching SignaturesTM**, an evaluative and self-reflective coaching report which can be purchased per coach.

Coaching supervision:

- Develops your skills and confidence as a coach
- Provides a supportive, confidential space to reflect on discuss scenarios specific to your own experience
- Ensures a level of quality assurance for your practice

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WHAT OUR COACHING SUPERVISION CLIENTS SAY:

'Just wanted to thank you for another great supervision session. Thinking about imposter syndrome and self compassion is really helping me to piece things together. Thank you so much.'

'The group supervision sessions have been excellent and really helped me to develop my practise. I would definitely recommend supervision with Boo to anyone wanting to reflect and grow.'

COACHING CONTINUED PROFESSIONAL DEVELOPMENT

A RANGE OF SESSIONS TO ENHANCE YOUR COACHING PRACTICE

Established coaches will benefit from these focused development sessions, from navigating tricky scenarios and ethical dilemmas to supporting clients with challenging workplaces. For increased confidence and an enhanced, well-rounded practice.

Examples include (but are not limited to):

- Coaching in the virtual space
- Coaching for wellbeing
- Coaching for emotional intelligence
- Coaching through change and transitions
- Contracting for great results
- Coaching for meaning and purpose
- Building confidence with our client
- Using metaphor in coaching
- Getting the most out of supervision
- Working with clients in challenging situations
- Self compassion and coaching
- Building belonging



WHAT OUR COACHING CPD PARTICIPANTS SAY:

Thank you Helen for a great CPD session. It's really changed how I'm going to approach a seemingly stuck situation with someone. A great start to spring!

'An excellent opportunity to learn, refresh, review and reflect on my coaching practice. The opportunity to share experiences and learn from fellow coaches, at all times supported and encouraged by Becci and the team from Boo has been invaluable.'

BOOKING INFORMATION



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