

# ASCENSIO COACHING PROGRAMMES

EXTRAORDINARY DEVELOPMENT  
FOR EXTRAORDINARY TIMES



ASCENSIO  
COACHING PROGRAMMES

FIND THE  
**EXTRA**  
IN YOUR  
ORDINARY.



# WHAT WOULD YOU DO IF YOU KNEW YOU COULDN'T FAIL?

As people and business transformation experts, we know what's required and how to achieve it. Coaching is widely recognised as being one of the most effective methods of achieving potential in all people, at all levels across all organisations, especially with those who have future potential or those who want to remain at the top of their game.

Recent CIPD research states that:

- Two out of three organisations use external coaches.
- 92% judge coaching by external practitioners to be highly effective.
- When coaching is managed effectively it can have a positive impact on an organisation's bottom line.

With an unrivalled care and commitment, we use the very latest specialist coaching techniques and tools to inspire and develop strong leaders and teams who can bring about real growth and transformation in organisational capability.

**It's about helping you get to places you can't get to yourself.**

# AN EXTRA ORDINARY EXPERIENCE.

FREE

## STEP 1

An initial, free-of-charge discovery meeting with your coach to assess compatibility and to understand high level goals. A major part of this meeting will be to establish a strong working relationship with you, one that is built on trust, respect and unwavering support going forward.

Expect this meeting to last between 1-2 hours.

Allow approximately 3 hours for this meeting and take some time to think about the location - somewhere where you feel relaxed and comfortable - preferably away from your working environment.

## STEP 2

Your Coach will meet with you at a location of your choice to discuss you, your needs, your desires, your goals and your potential (we have a very effective way of helping to craft this). Your coach will then help you to define the success measures against which ROI will be measured later and assess your motivation. If any potential inhibitors are uncovered at this stage then these, along with the agreed goals will be incorporated into your personal coaching plan which your coach will design especially for you.

A robust coaching programme usually takes 6 months and includes 6 face-to-face meetings each lasting about 3 hours. In between sessions there will be phone catch-ups as well as unlimited access to your coach via phone and email.

## STEP 3

This is where the magic happens. Using an array of proven tools, techniques and experience, your coach will support you through your programme inspiring possibilities and growing your confidence and independence as you go. This can involve a mixture of self-discovery, choice assessments, targeted application, profiling, feed-forward activities, reviews, etc - whatever is required to get you to where you want to be.

## STEP 4

This is the part where you assess the ROI against the agreed success measures, feel incredibly proud of what you have achieved so far and continue on your extraordinary journey.

Your coach will always be on hand for emergencies and will always keep in touch with you if you'd like them to.

# A MULTITUDE OF EXTRA ORDINARY SOLUTIONS

If you want something different you have to do something different. It's usually the start that stops people from achieving great things.

- Capability & Performance Enhancement
- Executive Branding
- Leadership
- Promotion/Transition Support
- Strategy and Performance Optimisation
- Health Intelligence
- Expert to Leader
- Problem Solving
- Emotional Intelligence and Self-Mastery
- Career/Promotional Management
- Talent Development
- Team Development
- Influencing
- Confidence and Assertiveness

ASCENSIO COACHING  
ALUMNI HAVE USED OUR  
COACHING PROGRAMMES  
FOR A VARIETY OF DIFFERENT  
DEVELOPMENT SITUATIONS.

# WHAT PEOPLE ARE SAYING ABOUT OUR COACHING PROGRAMMES



Since my coaching, my effectiveness and impact at work as a senior manager of the business have undergone huge change in leading my team. I've learned how to better empower my team, push my limits and discover my true potential as a senior leader. I would recommend this to anyone.  
**Head of Marketing, FABRICA**

My coach was very insightful and I really enjoyed him stirring the mindset into interrogating and achieving critical clarity and priorities in me as a good leader. I will always recommend and use Ascensio for ongoing learning in my leadership development. All good leaders have to be discerning in who they learn from, Ascensio is one of those select few I would always consult and reference.  
**Executive Director, Sterling Bell**

My coach had a manner that was warm and engaging but he was also able to ask the hard and searching questions of me so that ultimately I was able to develop and improve as a leader.  
**Chief Executive, Local Government**

I've just had to present a large piece of work to some of the more challenging members of the board and it went really well mainly from the things you taught me.  
**Regional Manager, Insurance Services**

Having all my pillars of knowledge and network stripped away has been scary but liberating but I have actually really felt my confidence grow. Being aware of my need for approval has also been good because it allows me to understand how I am feeling. I could not have done all this without the support you gave me through our coaching!  
**Senior Manager, Morrisons**

You have really excelled with your coaching in getting through to me what I need to improve on and advise me of my strength that I did not know I had.  
**Senior Director, Harrow Council, London**



[www.ascensio.co.uk/coaching](http://www.ascensio.co.uk/coaching)



Clients we have worked with

Through the design and delivery of measurable and self-sustaining programmes, Ascensio has built an outstanding reputation as a business and people transformation company.

We help organisations to increase performance by inspiring their people to focus on the future with a 'what's possible' mindset.

Our list of happy clients includes all kinds of public sector and charity organisations through to global private-sector companies.

Our track record is second to none and we are widely known for the tangible impact of every one of our unique programmes.

The Ascensio team consists of highly professional and experienced experts who, between them, understand a wide range of sectors. With a history spanning over two decades we have built up an unrivalled team of professionals to give clients a tailored, effective and value-for-money service that exceeds expectations every time.



## CONTACT

We have proven success in enabling organisations to be FutureFit. If you would like to discuss this or any other programme we offer in helping to transform your people and your organisation, please get in touch.

Call 01743 617616 for an initial conversation or email [info@ascensio.co.uk](mailto:info@ascensio.co.uk)



# ASCENSIO

IGNITING POSSIBILITIES



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