



Thrive and Excel: A Corporate Life Coaching Program

By The Mindful Life Coach UK

Duration: 6 month program – includes 60min monthly one-to-one online coaching sessions

Who is this program for?

- Employees who have been identified as vulnerable or struggling, and in need of support.
- Employees whose job is at risk or are deemed likely to want to leave the business.
- Managers who are overwhelmed with their roles and responsibility to their staff.

Coaching Objectives:

- To enhance personal life satisfaction and happiness.
- To promote resilience to manage daily stress and pressures at work/home.
- To promote motivation, productivity, skill development, and contribute to the growth of the company.

Feedback: A monthly report will be provided to the company CEO with a summary of staff engagement with coaching, level of work satisfaction (scored out of 10), and areas where management/leadership can be improved. All coaching sessions are confidential, so details discussed cannot be shared.

6 Month Program Outline...

Month 1: Establishing Foundations	- Introduction - Overview of the coaching program - Clarification of expectations and goals - Self-Assessment and Goal Setting: - Reflecting on personal values, strengths, and areas for development - Setting meaningful and achievable goals
Month 2: Enhancing Wellbeing and Resilience	- Stress Management Techniques: - Understanding stress triggers and responses

	<ul style="list-style-type: none"> - Developing practical strategies for stress reduction - Building Resilience: <ul style="list-style-type: none"> - Cultivating resilience skills to navigate challenges and setbacks - Developing a growth mindset
Month 3: Cultivating Happiness and Positive Mindset	<ul style="list-style-type: none"> - Positive Psychology and Happiness: <ul style="list-style-type: none"> - Exploring the science of happiness and well-being - Practicing gratitude, optimism, and positive self-talk - Finding Work-Life Balance: <ul style="list-style-type: none"> - Identifying priorities, aligning them with personal and professional life - Strategies for achieving work-life harmony
Month 4: Boosting Productivity and Time Management	<ul style="list-style-type: none"> - Effective Time Management: <ul style="list-style-type: none"> - Prioritizing tasks and managing time effectively - Overcoming procrastination and improving focus - Goal-oriented Action Planning: <ul style="list-style-type: none"> - Breaking down goals into actionable steps - Implementing strategies for improved productivity
Month 5: Skill Development and Growth	<ul style="list-style-type: none"> - Building Leadership Skills: <ul style="list-style-type: none"> - Developing effective communication and influencing skills - Enhancing decision-making and problem-solving abilities - Building Effective Teams: <ul style="list-style-type: none"> - Fostering teamwork, collaboration, and effective conflict resolution - Promoting a positive and inclusive work environment
Month 6: Contributing to Company Success	<ul style="list-style-type: none"> - Aligning Personal Goals with Company Objectives: <ul style="list-style-type: none"> - Identifying opportunities to contribute to the company's growth and success - Leveraging personal strengths for organizational benefit - Creating a Personal Development Plan: <ul style="list-style-type: none"> - Setting future goals and creating an action plan for continuous growth - Identifying resources and support for ongoing development

Note: The above outline provides a general structure for the 6-month corporate life coaching program. Each month's sessions would consist of interactive discussions, exercises, and activities tailored to the specific goals and needs of the participants. The program can be customized to address any specific challenges or areas of focus identified by the company and its employees.

Investment & Timeline:

- We propose a monthly fee of £60 per employee for the coaching program. This includes 1hr of individual online coaching sessions, and email/text support in between.
- Basic monthly feedback reports to HR/CEO will initially not be charged. However, if more comprehensive feedback reports or feedback meetings are required at a later date, this will incur an additional fee of £60 per hour.
- If any additional sessions need to be provided to members of staff in between their monthly sessions, these will need to be agreed by HR/CEO in writing in advance. These sessions will continue to be charged at £60 per hour.

Contact Me



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