

Katy Bradbury & Co

COACHING • CONSULTANCY • FACILITATION

WHY COACHING?

Now more than ever, coaching is a powerful tool and worthwhile investment, helping to ensure businesses and individuals have greater resilience and ability to adapt, evolve and successfully navigate the new challenges of this post-lockdown world.

Coaching is a conversation with purpose that inspires people to recognise their potential. Supporting the development of an individual's self awareness can truly transform the way that someone sees themselves.

The Institute of Coaching cites that over 70% of individuals who receive coaching benefited from improved work performance, relationships and more effective communication skills. They also reported that a huge 86% of companies feel that they recouped the investment they made into coaching plus more on top.

MY JOURNEY AND WHAT I OFFER

Having worked in, and led, SMEs in the creative sector, working with FTSE 100 / FTSE 250 clients, for over 20 years, I am well versed in the commercial and people pressures of entrepreneurial, fast-paced and high pressure environments. I have walked this journey! I bring my personal experience of leading a business and helping teams thrive in these environments to my coaching.

My passion and specialism is in coaching leaders and emerging leaders in SMEs, independent businesses and start-ups across a range of sectors. I want to help them grow, create positive working environments and build happy, high performing teams where deep collaboration, trust and healthy challenge thrive.

I also coach individuals and teams to help them achieve their goals, supporting them to:

- Make changes in their life, business or career
- Improve performance
- Manage conflict and enhance their relationships with others
- Develop specific skills, such as, resilience, communication, confidence, empathy and self awareness
- Connect with their values, vision and leadership style

I have a holistic and collaborative coaching style and use a mix of reflective and challenging techniques.

I have helped leaders navigate career transition, prepare for promotions, manage challenging working relationships, adapt to change, build confidence and resilience....but I think the best testament to the transformation that coaching can offer is best articulated by the clients I have worked with.....



*"You put people at ease and I feel very comfortable talking to you and exploring new ideas, past, present and future together. It is a positive uplifting collaboration - an enjoyable journey of discovery and exploration. I feel supported. You lead but I am not led. **You guide me to different paths and make me think about my career and aspirations in a different way.** I feel like I am learning new skills and developing a fresh perspective and valuable insight, which means that I can make positive choices and determine the right path for me to take. **You have supported me and helped me explore how I can be the best I can be.**"*

Associate Marketing Director – Investment Management Company

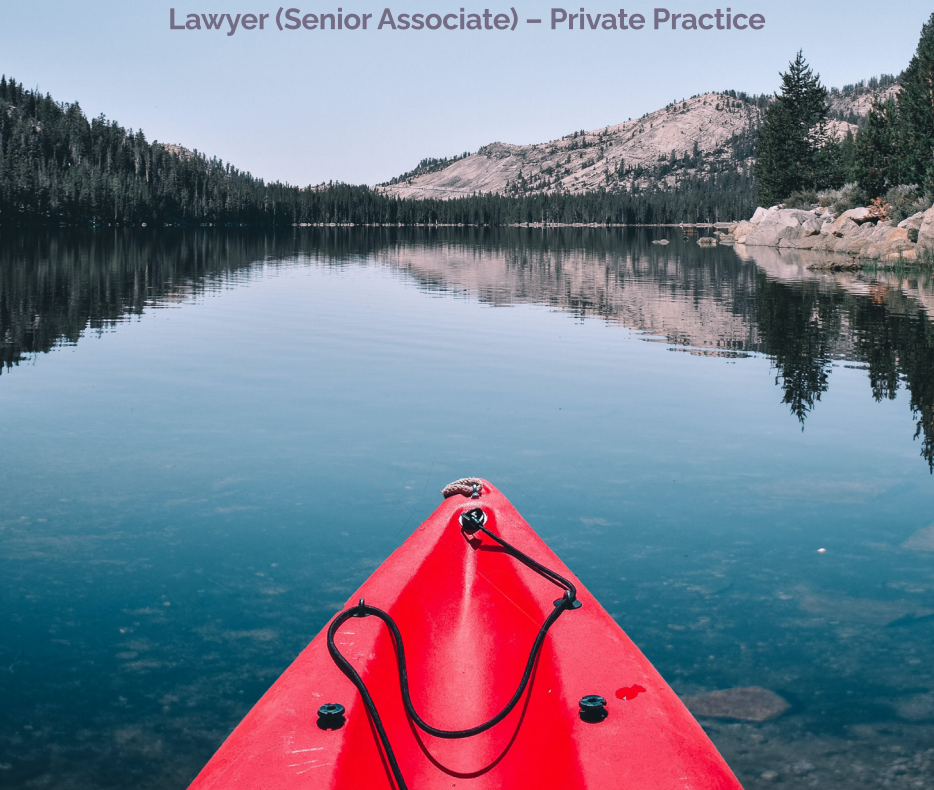


*"I had coaching sessions with Katy having returned to work after maternity leave and I was **facing what I perceived to be some obstacles in my path to promotion.** Katy instantly made me feel comfortable and I found her really easy to talk to. **Katy supported and challenged me to find my own solutions to the difficulties I was facing and gave me the confidence I needed to take the necessary steps.** Having undertaken the coaching sessions, **I overcame the obstacles in my path to promotion and I have now achieved my goal of promotion.** I am so grateful to Katy for all her help. I would highly recommend coaching sessions with Katy to anyone."*

Manager - Leading Accountancy Firm

*"Katy really saved my sanity. **She was just what I needed in helping me with a difficult issue at work.** She listened but did not push me into a solution but helped me explore options and find my own way. **I love my job but a particular individual nearly caused me to leave. That won't happen now thanks to Katy.**"*

Lawyer (Senior Associate) – Private Practice



CERTIFICATION & TRAINING

I am an accredited Executive Coach. I trained with the highly-regarded Academy of Executive Coaching (AoEC), where I was awarded a Practitioner Diploma in Executive Coaching. I also have a MHFA England certificate in Mental Health First Aid.

GET IN TOUCH

I offer a range of coaching packages (typically 3-6 months in duration) – for individuals, teams or groups; consultancy; and bespoke workshops. Prices are available upon request and I flex / adapt to individual business needs or circumstances.

Call me on **+44 (0)7968 013 116** or email me at **katy@katybradburyco.com**
I'd love to have a (f2f or virtual) coffee and chat to you about how I can help.

