

# STRENGTHS-BASED TEAM COACHING

[www.workwithimpact.co.uk](http://www.workwithimpact.co.uk)



## WHAT IS TEAM COACHING?

Team coaching provides a safe environment for teams to reflect, reset, and improve. It helps them become more effective, manage conflict, overcome challenges and find new and better ways to play to their strengths.

Team coaching is a cost-effective way to spread the benefits of one-to-one coaching to a wider audience and further promote and drive a coaching culture.

## WHAT WILL IT DELIVER?

- Awareness of team strengths and behaviours
- Building trust and psychological safety
- Supporting change and transition
- Creating alignment around vision, goals, purpose and values
- Managing conflict and team dynamics
- Coping with pressures and enhancing wellbeing
- Creating a resilient and compassionate culture

## AT A GLANCE

### THE PACKAGE

- Team coaching with content tailored to your needs
- BPS accredited strengths diagnostic and feedback workshop
- 3-hour workshops and coaching sessions

### COSTS

- £8500 + VAT\*



**Mike Giffin**

Director of Business Psychology

“Team coaching is a focused and cost effective approach to improving performance and enabling teams to flourish”

## IS TEAM COACHING RIGHT FOR US?

Our compassionate and evidence-based approach allows us to support teams at any point in their journey: from newly launched teams keen to get to know each better to teams who have worked together for some time but want to increase their effectiveness.

Team coaching is beneficial for both high-performing teams and teams that need to function more effectively. It aims to improve the dynamics and overall performance of teams in any situation

**Impact.**  
Psychology  
for Business

**Strengthscope**

\*Please note, this pricing is based upon a bespoke coaching programme designed for a team of 8 members

# HOW DOES IT WORK?

We offer bespoke team coaching programmes tailored to the needs of your team. Our expert coaches collaborate with your team to understand their current situation, goals, and aspirations. Together, they develop a tailored team coaching programme that focuses on the team as a cohesive unit, rather than individual members. The programme is adaptable and designed to address any challenges that may arise. Each team coaching session takes approximately 3 hours, and our team coaching journey can span over 6-9 months or longer, with virtual check-ins in between. We are committed to helping your team achieve its full potential.

