

Coaching for Leaders

Client Testimonials

"It is amazing what 2 hours with the right person can do for you. Everything is clear and possible now, thank you Christina"

- Sarah Green, MD
Tailored Time

"These sessions have improved both my professional & personal lives. The suggestions were practical and realistic and I was able to use them immediately"

- Michelle Swenson
Skywire Software EMEA

"I feel dramatically different, other people have noticed at home and at work. You've made a real difference to me. Thank you."

- Business Director,
Leading UK Media Agency

"I now have some brilliant direction in life and can lay down some real plans"

- Alan Helps, Director

"Thank you for the work we did together, I'm still using it on myself and my team these years on. You gave me the tools and the self belief to do the job."

- Geoffrey O'Connor

Are you a leader that wants to improve your odds of success?

Leader - \lead-er\ n A person who is in charge, influences, guides, or inspires others to action.

Do you need to talk to someone who is able to discuss, strategise and enhance your skills that will enable you to be more effective? Do you have a specific challenge that you would like to master? Are you initiating or experiencing change within your organisation that you want to sustain?

Yes? Then hiring a professional coach will help you focus on delivering the results you need.

Coaching is the most effective tool to enable quick wins.

With 72% of all organisations using coaching to enhance leadership performance how can you afford not to hire a coach? The 2008 CIPD survey found that coaching is the best tool for leadership development in the following areas:

- Improve personal performance
- To reach solutions to tactical issues
- Personal development
- Support part of a larger training and development programme
- Transition support after change in role
- A specific change in behaviour required
- Support the development of senior executives
- Support achievement of specific organisational objectives
- Building capacity to manage others
- Tool for organisational or culture change

Why haven't you hired a coach already?

Coaching is one of a range of training and development interventions that can deliver fantastic results in short time frames. Clients who make best use of coaching are those who are eager to make progress and are ready to focus their efforts on the results they desire.

Hiring an external coach allows leaders to experience a confidential and independent sounding board. Christina is able to draw from both her business and psychological experience to provide insight, clarity and just in time skills that will enable you to increase your odds of success in personal, interpersonal and business performance.

How does coaching work?

Option	Time	Focus
Professional Leadership Coaching 1-to-1 sessions	2 Hours per month	This is an opportunity to focus on a key challenge or area with an experienced organisational psychologist and executive coach to break down any barriers and make progress to achieve personal or organisational success.

Christina Griffiths provides professional coaching with a psychological edge

Christina is an international organisational psychologist, and coach with over 15 years experience. She is the founder and managing director of CGA Management; a consultancy specialising in providing coaching and consultancy to leaders and managers.

CGA Management spends a great deal of time researching its specialist areas, seeking out the cutting edge of current thinking – but we focus on the application of those ideas to generate results for our clients.

Call 0203 355 4006 and ask for David Warburton, or take a look at our website www.cgamanagement.co.uk to **reserve your place.**

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