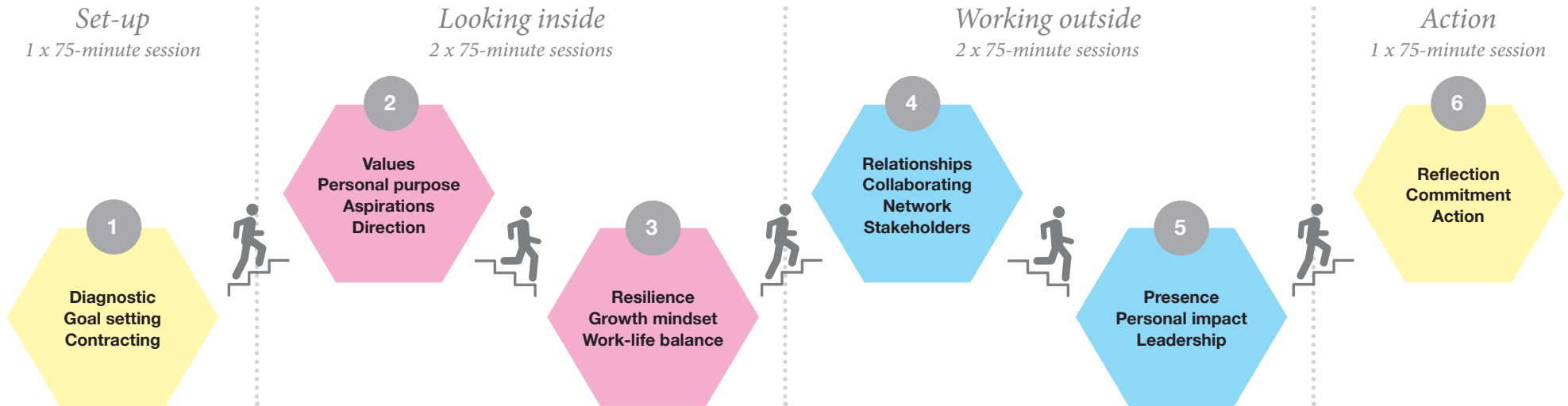




# Navigating to a new normal

Navigation Coaching Engagement – for leaders and people at all levels



**Cost for all  
six sessions:**

**£5,100**

**(equivalent to  
£850 per session)**

The coronavirus pandemic has created a seismic shift in working practices for almost every organisation on the planet. As a result, people are experiencing increased levels of *uncertainty, pressure, complexity and workload*.

The social isolation and sense of risk will affect people in different ways – at its mildest they may experience a loss of *direction, purpose or motivation*. Some people

may experience intermittent *anxiety, panic attacks* or mild bouts of *depression* and for a few, the long-term consequences may be more severe. In all cases, *well-being, engagement and performance* may be negatively impacted for many years into the future.

Our *Navigational Coaching Engagement* aims to help people come to terms with their own recent experiences, make sense of how the world has changed

and re-establish their sense of purpose and direction.

During the six focused sessions, participants will develop the mindset, awareness and skills that build *psychological and emotional positivity*. Additionally, leaders will reflect on how their style contributes to organisational agility in order that they can navigate themselves and their teams successfully towards a *'new normal'*.