



FREE IN THE MOMENT COACHING to benefit teams and organisations

The benefits of Coaching during a crisis such as Covid19 can really help support your teams and your organisation. As members of the West Midlands Coaching Pool you and your managers can access free coaching at any time:

The Organisation

One of the great risks to an organisation that undergoes crisis is that it makes it through unchanged. Handled well and using strategic thinking, crises will enable organisations to grow, to develop deeper relationships, reveal opportunities to improve processes, and open up new opportunities.

Your Teams

You had a team before the crisis, now the question is what kind of team do you have today? Is it stronger? Closer? More effective? Or has it struggled under the crisis and finds itself tired, bruised, and demoralised. Will this be the moment when your team has simply had enough, or will this be a moment of pride and a shared sense of accomplishment for what they have achieved?

Key Benefits

There are many benefits of coaching particularly during a crisis including better decision making, support in re-framing situations, and building resilience and wellbeing. If individuals are wanting to make a change at work, no matter how big or small, then coaching from the pool could support them achieve it. Change is not always easy, but with a coach we can help individuals to make that change.

Who can access it?

Any employee, from a subscribing organisation can get direct access to coaches via the pool.

Membership of the Pool is paid for centrally so there is no direct charge for the coaching. There is a matching site where you can choose who you would like to be your coach.

Our **Experienced Coaches will deliver** confidential, virtual 'in the moment' coaching sessions to support you on what you are facing right now, without 3-way contracting to adapt to these challenging times.

You will need to **'Register as a coachee'** and **use your work email address**.

If your organization is not part of the pool, but you would like to access coaching, please email: info@wmemployers.org.uk