



STEP UP A GEAR *with*
CRANSTON COGNITION

Corporate Coaching Programs

CranstonCognition Corporate Coaching Programs



KAREEN CRANSTON BRINGS A FRESH, PROFESSIONAL, PERSONAL APPROACH TO SOLUTION-FOCUSED COACHING

Cranston Cognition prides itself on offering flexible, solution-focused coaching programs tailored to suit your specific business needs. Effective coaching promotes positive business performance and growth, and will help take you, your team and your business to the next level.

We provide an initial scoping session free of charge to identify your corporate goals and relevant measures of success. Selected programs also include a mid-term review to check progress plus wrap-up review to assess results, at no extra charge.

We suggest an interval of four weeks between coaching sessions, allowing for action time – this can be adjusted to suit your goals and schedule. Corporate Training Coaching programs can be offered on shorter timescales.

Coaching by telephone and Skype is available on request.



“Cranston Cognition provides the tools to empower, focus, conquer challenges, deliver results and achieve goals.”



Contact Cranston Cognition on **01727-869-510** for our current prices and payment options.

Payment:

Programs to be paid for in full prior to commencement.

Cancellation Policy:

Cancellation of one Coaching Session within a Program can be rebooked at no extra cost on 7 or more working days' notice. No refund will be given where one Coaching Session within a Program is cancelled on less than 7 working days' notice and the Session will be deducted from the remaining Program Sessions. Where the whole Coaching Program (including a Program where more than 2 coaching Sessions of a Program remain) is cancelled on 7 or more working days' notice, a refund of 10% of the pro rata cost of the remainder of the Sessions within the Program will be given. No refund will be given where the whole Coaching Program is cancelled on less than 7 working days' notice.

Travel & Expenses:

Where Coaching take place in St. Albans or at the client's premises within central London and elsewhere in Hertfordshire, there are no additional travel or location costs payable by the client. By prior arrangement, Coaching can take place outside of these locations providing travel and location costs are covered by the client.

One-to-One Corporate Coaching

- | | |
|---------|--|
| LEVEL 1 | <input checked="" type="checkbox"/> 2 x 1hr Face to Face Coaching Sessions |
| LEVEL 2 | <input checked="" type="checkbox"/> 3 x up to 2hr Face to Face Coaching Sessions
<input checked="" type="checkbox"/> Free, periodic e-mails between Sessions |
| LEVEL 3 | <input checked="" type="checkbox"/> 6 x up to 2hr Face to Face Coaching Sessions
<input checked="" type="checkbox"/> Free, unlimited e-mails between Sessions
<input checked="" type="checkbox"/> Free short telephone calls between Sessions |
| LEVEL 4 | <input checked="" type="checkbox"/> Initial Face to Face Coaching Session – up to 2hrs
<input checked="" type="checkbox"/> 11 x up to 2hr Face to Face Coaching Sessions
<input checked="" type="checkbox"/> Free, unlimited e-mails between Sessions
<input checked="" type="checkbox"/> Free telephone calls between Sessions |

Corporate Leadership Development

Aimed at newly appointed leaders as well as experienced business leaders.

- 8 x up to 2hr Face to Face Coaching Sessions
- Free, unlimited e-mails between sessions
- Free, unlimited telephone calls between sessions

First 100 Days Coaching

Ensuring new employees hit the ground running and achieve their initial goals fast.

- 8 x up to 2hr Face to Face Coaching Sessions
- 4 x 1hr Telephone / Skype Coaching Sessions
- Free review meetings at start, mid-term and end

Corporate Training Coaching

Aimed at organisations wishing to fully embed new behaviours in their employees following attendance on training courses.

- 3 x 30min telephone Coaching Sessions scheduled before, immediately after and 2 months after training

Small Business Diagnostic*

Aimed at entrepreneurs, and small business owners who want to take their business to the next level.

- 6 x up to 2hr Face to Face Coaching Sessions
- Free, unlimited e-mails between sessions
- Free short telephone calls between sessions
- Senior team profiling and coaching

*** TRAIN TO GAIN
GRANTS AVAILABLE
TO SME'S**