



Gro:

**Supporting you, the
well-being of your teams
and your business**

Supporting you

COVID-19 has had an unprecedented effect on many businesses and their people across the globe and across a range of sectors

We are finding that leaders and managers are struggling with knowing where to go for help to enable them to support their teams and people during this unstable time. Many are looking for help with:

- **maintaining connection with their organisation and teams**
- **maintain a real sense of purpose**
- **achieving some level of control**
- **Well-being of self and teams**
- **Personal development and growth**
- **Motivation and engagement**

Supporting you

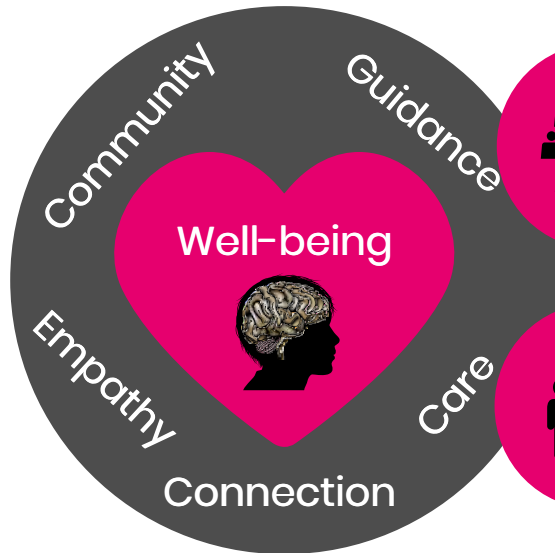


Anyone who has worked with us knows that key things we always bring to our interactions with clients is energy, positivity and enthusiasm, driven by empathy and a clear understanding of the needs and wants of others. This is key at this time and can make a huge difference.


We have identified a number of ways in which we can support the well-being of your teams and provide some practical tips to help people at all levels navigate through this period of disruption.

Delivered virtually, we can offer a number of facilitated group, or one-to-one coaching, sessions covering key topics, all centred on managing well-being of self and teams. We also have tools that teams and individuals can use to improve self awareness and awareness of the motivational drivers of others, leadership and communication styles – all essential in building connections with, and understanding, others.


Gro: Supporting heart and mind




Supporting leaders and senior teams

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- Well being of self and teams
 - Connection, collaboration and inclusion
 - Leading through uncertainty
 - Communication and leading remotely
 - Trust, empowerment and an output focus
 - Staying resilient
 - Personal leadership and keeping control
 - The remote coach


Supporting teams and individuals

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- Managing virtual teams
 - Coping with uncertainty
 - Emotional Intelligence
 - Self management and maintaining focus
 - Well being of self and teams
 - Prioritising, planning and executing
 - Building connections and relationships

Coaching and mentoring support

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- One to one or one to small group coaching offering personal support, advice and empathy
 - Experienced and qualified coaches

Tools and resources

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- Tools to provide self awareness, personal development and connection to the organisation and teams
- 360 feedback reports
 - Motivational maps
 - Leadership styles surveys
 - Communication styles surveys

Supporting the heart and mind of your people and business

Well-being

Providing:

Community, Empathy, Connection, Care, Purpose

Gro: