***jkcoaching can offer the following topics as 1-1 or group sessions.***

***Wellbeing in the workplace including topics such as.***

* ***Work life balance***
* ***Resilience***
* ***Self-care***
* ***Positive mindset***

Your time to **“Shine”**

* ***Uncertainty***
* ***Burnout***
* ***Behavioural agility***
* ***Self – development***

***Team development including topics such as***

* ***Values***
* ***Objectives & goal setting***
* ***Motivation***
* ***Collaboration***
* ***Comfort zones***
* ***Reframing the language, we use***
* ***Adopting a Coaching Culture and the benefits***
* ***Staff retention***
* ***Productivity***
* ***Relationships***
* ***Difficult conversations***
* ***The importance of Body language***
* ***How to host an inclusive and productive meeting***
* ***Skills Audit***
* ***Bringing your “A” Game workshop***

***Other services include exploring Corporate volunteering and the benefits to the company and the charity***