

Pat Endicott MA Cert Ed FCMI FIAB Minstf(Cert.) MISMA

Pat is a Fellow of the Chartered Management Institute and runs her own training consultancy. Pat is also a Director/Trustee of two Registered Charities in the UK and has many years of experience in training and development including the professional and personal development of staff.



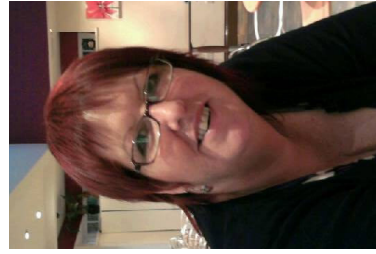
Pat provides personal and performance coaching and sees this as a wonderful way to take control of your life and to make positive changes that will lead to greater personal fulfilment. As a member of the International Stress Management Association, Pat is also able to provide coaching as a way of managing stress and pressure.

Cory Kondracki MASC LIFE COACH

Cory moved to the United Kingdom in 2004 from Brisbane, Australia and is qualified to work in the fields of Life Coaching and Positive Thinking.

Cory works with people from all walks of life to encourage them to make positive changes in their lives. Cory says

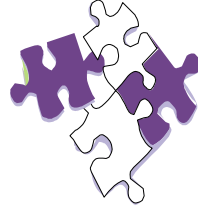
Professionally, Cory also works in Human Resources as an Employee Liaison Officer where she works on a one to one basis with members of the organisation through coaching, counselling and training. Positive thinking skills can make a vast difference to how we approach life; people who think negatively approach life negatively and wonder why nothing works for them. By changing their thought patterns they can enjoy life to the full!



About Coaching

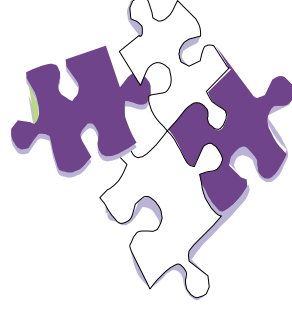
In today's economic climate we are all trying to stay one step ahead of the game. Whether you work in the commercial or charity sector or are even self-employed, being as efficient and effective as possible is vital to survival. We are surrounded by pressures both at work and at home and it can become difficult to determine what to do next. Equally, our lives can be so hectic that we might know what we want to achieve but not know how best to go about making it happen!

Coaching is very different to training or instructing, or mentoring or advising, or counselling. Coaching is about creating a unique relationship between coach and client whereby both work solely to bring about the changes desired by the client. These may be short-term or long-term goals but in order to make them reality we need to focus on exactly what we want to achieve and how we can do so, splitting the journey into stages if necessary. One of the problems with our hectic lifestyles is that we often set ourselves goals or targets but we lack the commitment to them to ensure we succeed. The role of the coach is to help the client evaluate what that goal means to them and to eliminate all the wrinkles that might contribute to failure.



PJEndicott

Coaching for success



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PJEndicott
54 Conyngham Road
Northampton NN3 9TA

Tel: 01604 785274
Tel: 07711 849865

pat@pjendicott.co.uk
www.pjendicott.co.uk

Performance Coaching

Performance Coaching can be pivotal to success for anyone who wants to increase their productivity and sense of achievement in their working or home life. Using one or more of a range of coaching models your coach will enable you to identify those areas of your life that you wish to change. You will then work together to plan for and to achieve successful outcomes within a realistic period of time.

Coaching will enable you to:

- build on your existing knowledge and skills so that you always perform at your best.
- develop your creative side
- make continuous and measurable improvement.
- increase self-awareness,
- promote better goal setting,
- develop self-confidence and
- improve quality of life
- gain insight into yourself and others
- examine fresh perspectives on the issues you bring to your sessions.

You, the client, truly determine the success of each session and that of the overall process. It may be said, very accurately, that the benefit you derive from coaching will be in direct proportion to the energy, drive and focus you put into it. You provide the energy and drive and your coach will give you unbiased and confidential support at all times to maintain your focus and motivation until you achieve your aim.

Coaching can be carried out face to face or by telephone. A typical session lasts approximately 50 minutes including time for you to summarise what your immediate tasks will be and by when they will be complete. Whilst regular contact is vital to the success of the coaching venture it is also important that you have sufficient time between sessions to complete self-set tasks without struggling to fit them in with other commitments. Nothing is more certain to demoralise and de-motivate than merely adding yet another layer of pressure. You will discuss with your coach the most appropriate time interval between sessions and this may vary from time to time. Some people prefer weekly contact, other fortnightly and some to meet once each month or as they reach pre-set milestones.

Stress Coaching

Stress has reached almost epidemic proportions in the United Kingdom with the Health and Safety Executive reporting that one in five workers feel they are stressed. Stress which is unrelenting and not addressed can lead to mental ill-health and the Mental Health Foundation reports that one in four of the population has some form of mental illness at this time.

It is true to say that we cannot prevent stress. However, we can all learn to manage stress effectively so that we are less troubled by the side effects which can damage both our mental and physical health – both in the short and long-term. Training courses to allow people to recognise stress abound but many people feel uncomfortable discussing personal stress in a classroom situation and many prefer a more specialised approach. We are able to offer one:one sessions which allow the client to identify the causes of stress in their life and plan strategies to overcome them.

Working with a coach who is also qualified in stress management, you will:

- Identify current and frequent sources of stress in your personal and professional life and recognise the overlap between the two
- Explore in depth why and how these stressors affect you.
- Learn to identify how stress affects you as an individual and how to watch for specific signs and symptoms that can act as your early warning system.
- Improve your wellbeing in order to build a greater resilience to stress.
- Develop and use a range of stress management techniques.
- Identify current satisfaction in various areas of your life and make small but significant steps towards improving them.

This is an excellent approach to anyone who prefers a more individualised manner in which to learn how to manage stress and to remain positive under pressure at the same time as improving their sense of wellbeing.

Life Coaching

Life Coaching is undertaken for **PJEndicott** by Cory Kondracki. Cory moved to the United Kingdom in 2004 from Brisbane, Australia and is qualified to work in the fields of Life Coaching and Positive Thinking.

Cory works with people from all walks of life to encourage them to make positive changes in their lives. Cory says 'This isn't easy but we can work together to create, achieve and succeed in making the necessary changes to become free to be who we truly are'.

Life coaching is all about taking small steps towards a bigger picture:

- First and foremost, you take responsibility for your own life.
- Then you learn to become motivated so you get exactly what you want.
- We set goals so you achieve what you really desire
- We work towards achieving your goals, both personally and professionally.
- You learn to have the confidence to be yourself and change your life by transforming yourself.
- We achieve a successful outcome!

As well as providing one to one coaching, Cory is also able to offer personal growth workshops and meditation classes.

Cory prefers to work directly with a client but can use telephone or email coaching if this is more convenient. Long-distance coaching is Cory's speciality - she has recently been working in a coaching capacity with her brother who lives in New Zealand!

