



SEEMORE
COACHING
WITH LISA BIRCH





3 MONTH SEE MORE BE MORE COACHING PLAN

WHAT YOU ARE LOOKING FOR

- To sustain and accelerate high performance, greater fulfilment and alignment in your life
- You want support over a period of time
- You want to be supported to explore, experiment & embed new habits, and help preparing for changes in behaviour
- You may have a number of key meetings & events that are helpful to be coached through to embed mindset shifts & secure high performance
- Help embedding the right mindset and leadership behaviours to be successful in key meetings and events

WHAT YOU CAN EXPECT

- A pre-coaching questionnaire
- Six 1 hour coaching interventions (virtual or in person, or mixture by agreement)
- Developmental insight report on your emotional intelligence and how to use for your development (optional extra)
- Post coaching check in to help ensure you achieve your goals



1 DAY INTENSIVE SEE MORE BE MORE DEVELOPMENT ACCELERATOR

WHAT YOU ARE LOOKING FOR

- You enjoy working intensively
- You are self-motivated but want help pulling your development plan and actions together
- You might have an urgent 'moment of truth' goal to prepare for

WHAT YOU CAN EXPECT

- A pre-coaching questionnaire
- Six hour intensive coaching session (typically in person)
- A 30 minute coaching alignment call with your line manager at your request or if requested by your organisation
- Developmental insight report on your emotional intelligence and how to use for your development
- Post coaching check in to help ensure you achieve your goals





2 HOUR
SEE MORE BE MORE
**JUMP START
INTENSIVE**

WHAT YOU ARE LOOKING FOR

- You are preparing for a high stakes event & want to be your best self (eg. interview, presentation, difficult conversation, promotional panel)
- You want to explore a specific challenge
- You want to feel empowered, energised and clear about what to Do and how to BE

WHAT YOU CAN EXPECT

- A pre-coaching questionnaire
- 120 minute 1-1 coaching (virtual or in person by agreement)
- Post coaching check in to help ensure you achieve your goals



6 MONTH
SEE MORE BE MORE
**LEADERSHIP
EXCELLENCE**

WHAT YOU ARE LOOKING FOR

- This is a 6 month package for purpose led, people centred senior leaders. This will offer you the space to reflect on your values, strengths and blind spots to maximise your impact, confidence and contribution as a leader
- You are likely to have completed generic development trainings and now want to bring depth and personalisation in service of being a stronger leader in and out of work. Now is the time to invest in your development bringing clarity and conviction so you can shape your future

WHAT YOU CAN EXPECT

- A bespoke program, designed with and for you to incorporate feedback, self-assessment and self-reflection exercises



BESPOKE
SEE MORE BE MORE
**TEAM
DEVELOPMENT**

WHAT YOU ARE LOOKING FOR

- You want to See More of your team to enable them to be more individually and collectively? Perhaps they are a relatively new team or you are a new leader for them
- You are looking for a breakthrough in performance and for them to continue to learn and grow as leaders of the organisation so they in turn can develop their teams
- You feel that you and your team will benefit from facilitated team development interventions so that you can be with the team to figure out the best of the team practices appropriate to your business challenges right now
- You want a way of measuring success before and after the intervention

WHAT YOU CAN EXPECT

- These interventions as bespoke to you, your team and your organisation, contact me for a consultation and to discuss your need. I will design this with you aligned to your needs and budget



HR CONSULTANCY

I have over 30 years senior HR leadership experience. I support with assessment centres for senior executive appointments, review the health of HR teams, leadership teams, serve as a sounding board for General Managers, MD's, HR directors who are looking to review their people strategies. If what you are looking for is not in my area of expertise, I will tell you. I want to do the best job I can for you. I do have a network of contacts who may be able to help. So contact me directly to chat through your needs

"I have sometimes been a sceptic about facilitators. But Lisa is different. She plans carefully, keeps you focussed and is committed to achievable outcomes. Lisa has proved me wrong"

- CHAIR, CHARITY TAX GROUP



MEETING DESIGN & FACILITATION

WHAT YOU ARE LOOKING FOR

- Someone to help you design a meeting flow that ensures focus on aligned commitment actions and deliverables
- The ability to ensure that all voices are heard and input to an agreed plan
- An independent facilitator to keep you on track, enable you, the leader, chair of the meeting, to participate

WHAT YOU CAN EXPECT

- Design of your meeting with you and to ensure clear and aligned outcomes
- Facilitation of the meeting to enable healthy discussion, share of voice and action planning



GETTING TO KNOW YOUR COACH

LISA BIRCH

I'm a coach, mentor & facilitator with over 30 years HR and leadership experience at local, regional & global levels across multiple sectors. Large team management of remote teams around the globe was my speciality, I stepped off the corporate ladder after a great career with companies such as Marks & Spencer, Toshiba Untied Technologies Corporation, and Mars Incorporated, to spend more time doing the things I love with the people I love being with most.

My energy & drive comes from helping others be confident and successful, to achieve more than they thought was possible. My coaching style has developed over many years and with the benefit of formal training. You'll find me highly empathetic and able to tune in quickly to your aims and objectives (or help you define them if you're not clear). I believe in the power of coaching having experienced coaching myself at each key transition points in my life for example, both paid for by myself and my employer:

New roles, promotions, when I became a single parent, as part of leadership programs and as bespoke ongoing leadership development, during times of significant change, when trying to decide whether to leave a successful career with Mars incorporated to become self-employed.

I live in the UK, by the coast and close to the wild freedom of the moor. I love to run marathons, ultra marathons, wild swimming, challenging myself and being inspired by nature.

My core values are freedom, gratitude, curiosity and warmth.

I am described as warm, empathetic, challenging and supportive in equal measure. Clients value me for my insight, my flexible client led coaching style and I am often told "I know my clients better than they know themselves".



GETTING TO KNOW YOUR COACH

SPECIALIST AREAS

CERTIFIED IN NEUROLINGUISTIC PROGRAMMING, TIMELINE THERAPY AND HYPNOSIS

A system of alternative therapy intended to educate people in self awareness and effective communication, and to model and change patterns of mental and emotional behaviour

CERTIFIED IN AN EMOTIONAL INTELLIGENCE ASSESSMENT TOOL (EIP3) TO PROVIDE CLIENTS WITH EQ INSIGHTS AND DEVELOPMENT FRAMEWORKS

Leadership that is self-aware and inspiring is essential to meet the challenges of the future. “They need to be able to lead themselves, their peers and exhibit the skills and mindset to lead at scale, coordinating, inspiring networks of teams, they need to build a keen awareness of themselves and their environments” Mckinsey, state of the Organisations report 2023.

CERTIFIED IN CHANGE MANAGEMENT AND LEADERSHIP

Qualified in the Prosci change management methodology and tools to ensure successful change in your organisation

WELLBEING AND RESILIENCE

A qualified run leader coach, who discovered how prioritising health and wellbeing increases performance. At my toughest time in my career I entered my first marathon, since then I consistently run marathons and ultrathons for fun (and sometimes more seriously) alongside a passion for health and wellbeing. I have a deep interest in being and helping others become a “corporate athlete” especially at a time when the pace and demands of work are so high.

READY TO START
YOUR COACHING JOURNEY

Book in your free consultation call to discuss your needs further and see which service suits you best.

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