

## PERCOACHING

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## TRAINING CORE SKILLS

Social online course Workshops

Active listening Powerful questioning Emotional awareness Growth mindset

## PROCESS SUPPORT

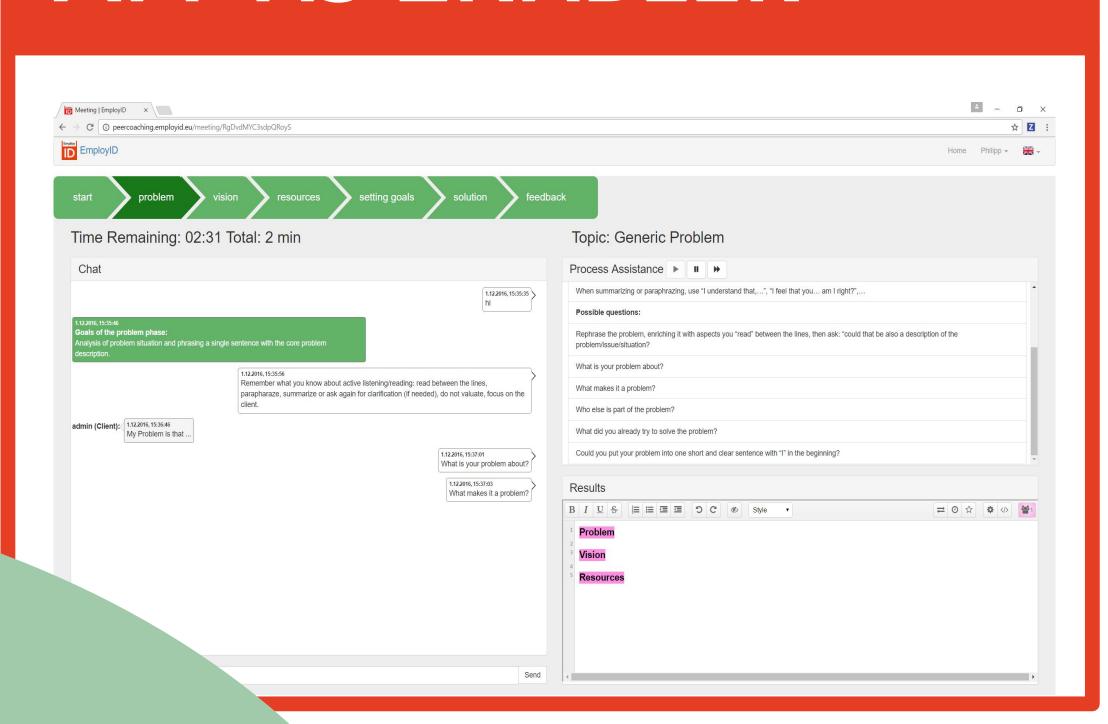
Best practices Evaluation Consulting services

> problem state

change of pattern

state

APP AS ENABLER



solution state

selection

problem & situation

vision & resources

further resources setting goals

solution & next steps

effective & efficient handling of work-related challenges and sustainable behavioural change

"Solutions to problems are sometimes very simple, all we need is help from colleagues to become aware"

"This way of solving problems makes sense since it changes attitudes."

support of mutual learning coping strategies coping strategies reflection emotion regulation emotion regulation identity transformation

Department for Work & Pensions





















