



# Leadership Coaching with Jennifer McCanna Programmes for 2023

”

*Jen was a fantastic coach; flexing between coaching and EFT to help me unlock and work through the challenges I was facing. After a couple of sessions, I was able to walk away with new tools and perspectives. I would recommend Jen to anyone who would like to proactively change the way they tackle challenges, in a supportive and friendly environment.*

SARAH, TRUSTS & FOUNDATIONS  
MANAGER

”

*Jen has an amazing ability to be able to shape sessions in just the way you need- creating the right space and conversation to get to the point, and bringing you back to what you want to do and achieve. I've really appreciated the balance between exploring and challenging where those emotions weren't helping and also helping me with real things I know I can do to build my confidence and focus on the real pleasure I get from my job.*

KATE, HEAD OF DEPT, PUBLIC  
SECTOR

”

*With Jen, I felt, and validated, as a professional, but also as a working parent facing the inevitable demands of a career post-children - the imposter syndrome and the guilt of wanting something for myself. Something clicked after that first conversation, it gave me permission to want more from my career.*

EMMA

**Leadership Coaching** supports managers to navigate change and uncertainty, boosting their confidence, creativity and leadership potential. Many clients seek coaching after an internal promotion or when leading a team through change, or challenge. We might focus on practical problems such as approaching difficult conversations or meetings, as well as broader objective such as increasing impact and influence as a leader.

**Return to Work from Maternity Leave Coaching** focuses on all of the above through the lens of quickly getting a leader feeling confident and capable after time away. It is so normal to feel rusty and out of the loop and coaching can help a leader re-engage with their strengths and skills so they re-enter the world of work with confidence and impact.

**Career Transition Coaching** supports employees to transition out of your organisation positively, following redundancy or restructure. Coaching at this point often focuses on boosting confidence and supports employees to work out what they want next, and how to go and get it!

## What a programme looks like and what we cover?

Coaching with me offers more than standard leadership coaching. As a fully trained EFT practitioner I'm also qualified to support clients to work through their emotional response to really difficult work situations such as the fallout from a problematic relationship or restructure. EFT helps clients feel better within 1-2 sessions, leaving them with clarity and calm to focus on what they need to, in order to have a positive impact at work.

In addition, coaching programmes include:

- 6 x 90 minute coaching sessions via Zoom
- Optional 3-way conversation between client, sponsor (a manager or HR business partner) and me, the coach, to agree some objectives.
- Personalised Emotions & Behaviours at Work diagnostic which turbo boosts self awareness and gives a lens to ask the question 'when do I need to adapt my style in order to have more impact?'. (Alternatively a DISC diagnostic or access to my career development modules The Career Compass - can be included).
- Full Evaluation- revisiting the objectives set at the start and reflecting on learning throughout with optional 3-way conversation with the sponsor.

## Costs

- 6 session programme £2,100 +VAT (£1,680 +VAT for charities and not for profits). If budgets are restricted I will consider a shorter programme - please [get in touch](#) to discuss.
- 2 session programme to focus on using EFT (emotional freedom technique) to overcome a difficult work situation £500 +VAT (£425 +VAT for not for profits)

For those on a budget who want leadership development focused on practical tools - ideal for newer managers, check out From Frazzled Boss to Inspiring Leader: the Essential Toolkit - [read more here](#).

## WHO AM I?

An International Coaching Federation coach with 10 years experience of coaching leaders & managers across sectors. Recent clients include the Department for Education, Diabetes UK, The UN Refugee Agency and HSBC. As well as working with teams as a coach, I've led a variety of teams myself, and this understanding helps me build trusting, as well as inspiring and supportive, relationships with my clients.

Find out more at [mccannacoaching.co.uk](http://mccannacoaching.co.uk)

Email me at [jennifermccannacoaching.co.uk](mailto:jennifermccannacoaching.co.uk)

Connect with me on [LinkedIn](#)

Follow me on [Instagram](#)



McCANNA COACHING

