



# 1:1 Coaching with Jennifer McCanna PCC

## Nurture & retain talent: equip leaders with EQ & resilience tools for leading in 2025

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*'I feel I am a more confident leader, and I definitely have more confidence in being myself in the leadership space. I understand more about myself in terms of what I need to do to manage my energy, space and values and do this in a way so I don't burn out.'*

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*"You validated how I was feeling and allowed me to explore that in safety and my own time. Even when I came in and said I was "fine" you managed to unpick that I wasn't and we dealt with that before I left the room. I am very grateful to you for getting me through what was a challenging period and could have seen me walk away from my job. Thank you.*

The **Compassionate Leader coaching programme** supports leaders to navigate the ups and downs of organisational life with acceptance and calm. Ideal for proactive, thoughtful leaders navigating organisational or personal change or who you want to develop for promotion.

How? By blending my 15 years of leadership coaching experience with therapeutic tool – Emotional Freedom Technique (EFT) and approaches from the Resilience Dynamic toolkit.

### Clients leave:

- Having processed any emotional fallout from organisational and personal challenges such as restructure, return to work after mat leave or a difficult work relationship.
- With practical tools they can continue to use to manage their energy and navigate their emotional lives at work, as challenges arise.
- With an understanding of their own leadership style and when they might need to switch that up to build a stronger relationship, deliver a difficult message or lead a diverse team through change.

### Employers benefit through:

- Increased confidence and resilience of their leader, avoiding burnout.
- A leader with more energy and ability to inspire and motivate their team.
- Retention of talent, who might otherwise see challenge as a reason to leave.

### The Compassionate Leader includes:

- 6 months of leadership coaching support including 6 x 90 minute coaching sessions.
- Personalised Emotions & Behaviours at Work report.
- Full access to my suite of online leadership development modules: From Frazzled Boss to Inspiring Leader.
- Support to learn and integrate Emotional Freedom Technique (EFT) into your daily practice.
- Optional 3 way conversation with your sponsor (manager or HR partner) to agree objectives.

**Cost:** £3000 + VAT (or £1800 + VAT for charities and not for profits)

There is the option to continue for another 3-6 sessions if further challenges lie ahead or there is more work to do.

If budget is an issue please visit [Restructure Recovery](#) - my 2 session package for short term tactical support to help leaders navigate a particular challenge.



McCANNA COACHING

### WHO AM I?

An International Coaching Federation coach with over 15 years experience of coaching leaders and managers across sectors from organisations as diverse as UK's 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 in different contexts, and this understanding helps me build trusting, as well as inspiring and supportive, relationships with my clients.

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

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

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