



1:1 Coaching with Jennifer McCanna PCC

Feel lighter: lead better: navigate your emotional life at work

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I felt very comfortable with Jen and knew I could trust her to do her thing. The difficult feelings which made me feel stuck have moved from the forefront of my mind to the back of my mind, almost like 2023 happened 5 or even 10 years ago. Jen's non-judgemental approach and deep empathy made me feel like she was willing to share my load. I feel so much lighter and more optimistic now; I once again recognise myself as a capable professional with so much to offer my next employer. Thank you Jen!

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"I feel confident in a way I haven't before ... confident to try, confident to make mistakes and come back from them, confident to be who I am and know that I am fantastic! I am much more aware of how I am around others and the need to give them time and space to develop themselves. I feel lighter!!"

MICHELLE

Are you experiencing overwhelm due to the sheer volume and complexity of what is asked of you and your team? Navigating tricky relationships with over-stretched colleagues? Do you question whether you have the energy to keep going on in this kind of role?

The Compassionate Leader, my 1-1 coaching programme, helps thoughtful, proactive leaders get out of the brambles of your big job, helping you navigate the current challenges as well as banish any voices of unhelpful old bosses or difficult restructures that still haunt you (many of us have them!)

Clients report feeling lighter and having more clarity and motivation. They worry less, their energy is more consistent and they know how to keep it that way, they understand their own unique leadership skills and attributes and how to have impact as themselves.

How? Through integrating my 15 years of leadership coaching with Emotional Freedom Technique (EFT) we are able to process past leadership and relationship challenges, and create a plan for how they want and need to lead in 2026.

And after the coaching is finished you'll also have:

- Resilience Dynamic tools to help you stay energised and resourceful.
- Emotional Freedom Technique as a self help tool for in the moment support to help you through the ups and downs.
- Your own Emotions & Behaviours at Work report personalised to you to help you continue to evolve your leadership style and strengths.

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

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