



# Insp red Leadership

leadership development programme for high-growth  
businesses



Alison Jones  
COACHING

# A blended learning programme that'll equip founders and their leadership teams with the tools and confidence to create a culture of high-performance.

In order to learn something new we need to create and strengthen the pathways in our brain (hello, muscle memory!).

The first time we do something new we don't have an existing pathway in our brain; we need to create it. Designed to compliment the way our brains work, workshops are delivered bi-weekly to give individuals the time to reflect upon + implement the tools explored during the previous session.

**In other words, we create the perfect environment for people to create that muscle memory, so they feel confident to put into practice what they've learnt.**



# We're Not Your Typical Consultancy, so Why Us?

**Personal, tailored + never off the shelf.** Overcome real-life, real-time concerns so individuals feel confident + empowered to make an impact from day one.

**Keep it simple.** With a focus on useful + actionable tools that actually work. Tested in the real world and backed by neuroscience.

**Not so much theory.** We create super-experiential learning experiences that help create muscle memory + enable people to create change for the better.



**EXPERIENCED +  
QUALIFIED  
COACH-FACILITATOR**

Your programme will be facilitated by an experienced and qualified coach-mentor

# A THREE PART PROGRAMME



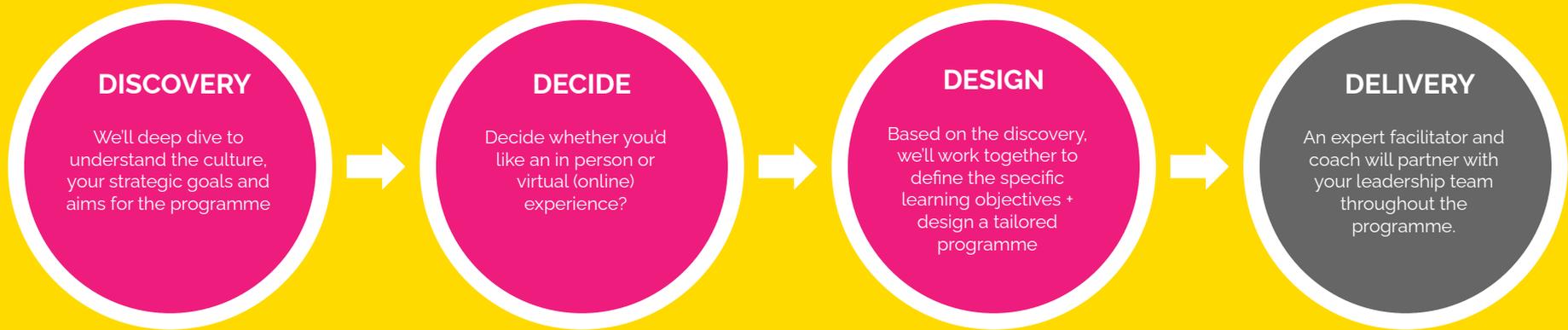
# PROGRAMME OVERVIEW



3 X ONE-TO-ONE  
COACHING SESSIONS  
TO BE USED AT ANY  
TIME DURING THE  
PROGRAMME



# DESIGN APPROACH



# IN THE WORKSHOPS

With a focus on practical and easy-to-implement tools, these super-interactive sessions will provide a safe space for leaders to develop their ability to lead and inspire their teams.

There'll be plenty of opportunities for group discussions, reflection and accountability throughout the workshops. **Plus - a whole lot of time for putting what we've explored into practice. Afterall - we want to start building those neural pathways and get to work on strengthening them!**

Our role is very much that of partner, facilitator and coach. Leaders will think critically about how what we explore applies directly to them in a way that is meaningful and tangible for them.



**HUMBLE  
BRAGS  
+ CLIENT  
LOVE**



# Feedback from a recent Coaching workshop we facilitated for our client Focus Group...



**100%** of people rated the session **5 out of 5** and that they found the session **engaging, enjoyable and that content was appropriate and interesting.**



*Great session on Coaching introducing the OSCAR model to the business. I have traditionally used the GROW model but it was nice adding another tool to my leadership toolkit. OSCAR created a real buzz in the session - lots of people feeling excited to use it as the basis for coaching conversations going forwards.*

# Feedback from a recent Leadership programme we facilitated for our client Protected.net...



*The leadership course and 1:2:1 coaching sessions provided by Ally were top notch. The wider group sessions were engaging and informative, they prompted our management team to think about company challenges in a new light. The 1:2:1 coaching sessions provided a safe space to talk through resolving more complex issues. All of which I found really helpful and am really seeing the benefit already.  
Thanks Ally!*

*Ally has been fantastic throughout the 12 month partnership with Protected.net. The business needs clicked instantly with her which was demonstrated in the team & management training sessions. The sessions provided practical tools, reflection and a chance for the teams to get together in a 'safe' but challenging environment. The 1:1 coaching sessions have been invaluable for me personally and the transformation of the team is remarkable.*

# Feedback from our coaching clients...

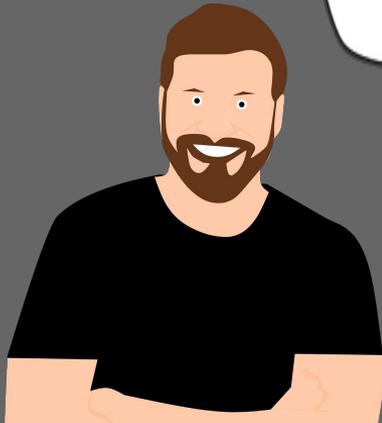
Ally was able to show me what I was capable of within just couple of sessions. I can assure you that having Ally by your side will help 100%. Can't recommend enough!

Founder + CEO

Ally is a fantastic business coach. Not only does she spend time getting to know you and your goals, she genuinely cares and wants to see you succeed... I can honestly say that Alison has been a fundamental part of moving my business forward and I highly recommend her services.  
Head of HR

I absolutely cannot recommend Ally highly enough. Ally focuses on real, positive solutions that are easy to implement. I have gained an awful lot from working with Ally and will definitely go to her again for her services in the future.

Founder + CEO



# Other 'nice things' people have said about working with us...

I attended a series of sessions that Ally developed and delivered... This was some of the best coaching / training I have come across, which was a genuine help to me.

It was an excellent course. It was a great opportunity to spend time with the rest of the senior leadership team and think how we can be better at leading our teams.

The workshops are going so well and the group is very positive. Ally was great. Everyone said they found it very valuable.

I really enjoyed the sessions, the space to think and reflect and the tools that we learnt which had a direct impact on my day to day



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**Want to chat more?**

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