

- COACH
- FACILITATE
- TEAM BUILD
- OUR TEAM
- NEWS & VIEWS
- CONTACT



For Gain Without Pain - Contact Us

Your needs may be addressed through coaching, facilitation or team development, or a combination of all three (a Team Journey)?

Whatever outcomes you seek, they can only be achieved by taking action:



Tel: +44 (0) 1224 209988

Mobile: +44 (0) 7876 276839

[Click here to email us](#)

Our Address

Gain Performance Enhancement Ltd

230 Deeside Gardens

Aberdeen

AB15 7PS

Scotland

UK

"I don't think I have ever been to a workshop that's had such unilateral positive post-event feedback."

David Hay, Project Services Manager, ConocoPhillips

"Duco have utilised the services of GAIN over the past year to facilitate team development as well as one/one coaching. The preparation, structure and follow up has been of significant value and benefit with a good balance between business and fun activities to keep interest levels high. The team have left each event having progressed & learned with a renewed enthusiasm towards the business challenges."

Alistair MacDonald, Managing Director, DUCO Ltd

"Since my coaching sessions with Alison I have redirected my career to allow me to have the work-life balance that I was seeking. I found our sessions extremely liberating. Alison is a true professional and her drive and enthusiasm is infectious."

Lee Rust, self-sponsored client