

Updated August 2011 News

Views Updated March 2011

Developing Coaching & Mentoring Leaders

Creating an Empowered Culture in Your Organisation

Talk to us - we have a great programme which will be tailor made for your business! We also have an open programme running in 2011, where participants can join in from different organisations.

According to CIPD research 88% of organisations expect their line managers to regularly coach their staff. But frequently managers report that they lack the time, skills or confidence to do this. How can you ensure your managers have the ability, desire and confidence to use coaching & mentoring skills in a way that benefits your business and the individuals in it?. We are running a highly successful modular **"Mentoring & Coaching"** programme for leaders in public and private sector organisations of all sizes. The impact has been just amazing!!

Contact us on + 44 (0) 1224 209988 or [Email](#) to find out more. Client testimonials available.

2011 Coaching Events in Aberdeen



We support the excellent efforts of the Aberdeen branch of the [Association for Coaching](#). The AC has developed a strong reputation for interesting & engaging evenings, which attract around 60 participants and include time for valuable networking. Forthcoming events in Aberdeen include:

Next Speaker Events:

31st August 2011 - 4 Key Coaching Topics
3rd November 2011 - Sue Knight - Provocative Coaching

These events are open to anyone with an interest in the topic. There is a full programme of events, so do get in touch if you would like to find out more.

Co-Coaching Event:

2011 dates: 25th August 2011

Co-coaching forums enable coaches of all experiences to practice and receive feedback on their coaching. These events are open to coaches

This views section contains information on resources and feedback that may be of interest to you. It is updated regularly, so please come back and visit us soon!

Books (see links below to Previous News & Views pages for previous book recommendations. Click on the titles to link to the books):

["Credibility"](#) Kouzes Posner
 How leaders gain and lose it, why people demand it
Credibility is full of concrete and credible cases that should help thoughtful managers come to grips with this important and complex dimension of leadership.

["Eternal Echoes - Exploring our Hunger to Belong"](#) John O'Donohue
 This is an exquisitely crafted, inspirational book. Made for reading, re-reading ..and again. Messages that stay with you.

["Daring to Trust"](#) David Richo
 A beautifully wise, straight forward and helpful book. Especially helpful if you have broken trust, or been betrayed.

["Cholesterol Protection for Life"](#) Joel Fuhrman MD
 After having a third heart attack our friend heard about this dietary programme. Inspired by him, we have recently adapted our diet to follow this plan. It tells you the most effective way to lower cholesterol without drugs, and virtually disease-proof your body. We have also lost weight and gained energy. It's all about nutrients and makes so much sense. We also recommend "Eat to Live"

["The Five Love Languages"](#) Gary Chapman
 Learn how to connect fully with your partner by understanding each other's unique needs. A practical and illuminating book.

Recent Feedback from Our Clients

"There has already been a demonstrable change in the way he is dealing with things, and this had been commented on by others, even although they are totally unaware that he is undertaking coaching" [Director feedback on Leader receiving coaching](#)

and those with an interest in coaching.

[Email](#) Alison to find out more, or register online using the AC link above

Recent Feedback from Our Clients

"Thank you for the coaching course. I can honestly say it has been one of the most beneficial courses I have ever attended. I enjoyed the coaching so much, it made me start to think about coaching as a possible career option. You are so enthusiastic and positive about coaching - I think it was quite infectious" [Team Leader](#)

"Great course - one of the best management courses I have ever been on" [Manager](#)

"First class trainers who delivered the material in a highly professional manner and made sure everyone was included" [Manager](#)

"I feel much more positive ...and even excited about this new challenge. Compared to yesterday, when I felt like running out of the office, and straight to the docs!!"
[Coaching client](#)

Websites & Newsletters:

www.tut.com

Highly affirming daily notes from the "universe". These are just brilliant & sure to make you smile! Sign up to them soon

www.moretolife.org

More to Life Weekends run regularly in the UK and internationally. Powerful and simple tools to help you live a happy life, building your confidence and self-esteem

www.compass360.net

Providers of bespoke 360 degree feedback tools for individuals and teams

www.cipd.co.uk/coachingatwork

The CIPD's magazine and online resource.


Previous News & Views:

[News & Views up to February 2011](#)

[News & Views up to October 2008](#)

[News & Views up to June 2008](#)

 [Printable Version](#)

 Gain growth; to advance; to progress; to win over; gainful; profitable; advantageous; devoted to gain (plus Gain Coaching Aberdeen logo)

To discover how we can support your specific needs, we need to talk.
[Contact us](#) today or phone +44 (0) 1224 209988