

Team Coaching

I help leaders and teams cut through complexity, build trust, and strengthen capability. Here are some examples of how I do this.



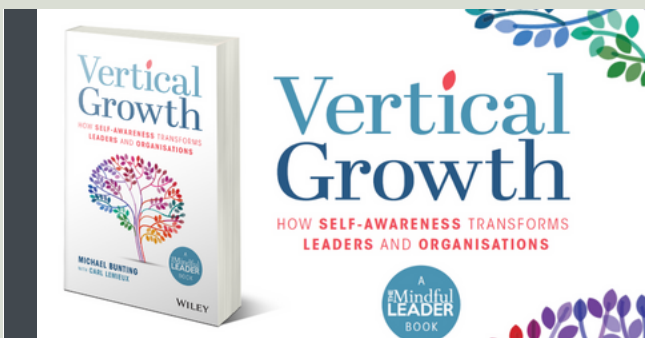
The Team Leader Instruction Manual (TLIM)

A research-based manual with 30 plus tools and activities covering 14 drivers of team performance. Each leader gets their own guide to strengthen trust, clarify roles, and improve results.



i4 Neuroleader Program

A neuroscience-based program developing four leadership competencies, performance, collaboration, innovation, and agility. Delivered as four workshops or a full-day intensive to create brain-friendly leaders and cultures.



The Vertical Growth Program

A multi-month leadership journey designed to shift mindsets, strengthen self-regulation, and embed new habits through real-world application. The program combines targeted workshops, a real-time feedback app, and an optional 360 diagnostic to build adult development capacity and practical leadership capability.



TRACOM Social Styles Communication Tool

A behavioural model and assessment that shows leaders how others experience them. Each participant receives a personalised report and learns how to flex their style for greater versatility. Teams build shared language, reduce miscommunication, and collaborate more effectively.

TLIM

Grounded in five years of research into what drives exceptional teams, the Team Leader Instruction Manual (TLIM) distils 14 drivers of high performance into 30+ plug-and-play tools, exercises, and games.

When you purchase a TLIM, you receive:

- ✓ A hard copy manual for each Leader, enabling them to learn, apply, and grow, with or without external facilitation.
- ✓ A library of ready-to-use exercises like Purposeful Listening, designed to build skills in real time and embed learning beyond the workshop.
- ✓ Facilitation notes and instructions so Leaders can confidently run activities with their teams.

Delivery Options



Gold: Full Program

We deliver the *Teaming for Success* program with the TLIM across a series of facilitated three-hour workshops. Each session is spaced to allow for real-time application using the TLIM tools, exercises and games.



Silver: Train the Trainer

Purchase the TLIM for your leaders and we train your internal facilitators to deliver the program. Scalable, sustainable, and cost-effective.



Bronze TLIM Only + Support

Purchase the TLIM and receive support on how to roll it out internally. Ideal for organisations with strong internal L&D teams.

How it works! This timeline outlines a typical structure when you purchase the Team Leader Instruction Manual (TLIM).



i4 Neuroleader Program

Leaders today face constant disruption, emotional fatigue and traditional leadership models are no longer enough.

The i4 Neuroleader™ Program helps leaders and teams build the skills to thrive in this complexity, creating brain-friendly workplaces where people are more conscious, productive, and connected.



Delivered as four interactive workshops or a full-day intensive, the program develops the four core competencies essential for modern leadership: Performance, Collaboration, Innovation, and Agility.

Self paced e-learning and 1-1 Coaching Available

What you can expect



Neuroscience-based approach

translating brain science into practical strategies for leadership and wellbeing.



Leadership development

cultivating adaptable, self-aware leaders who can sustain wellbeing

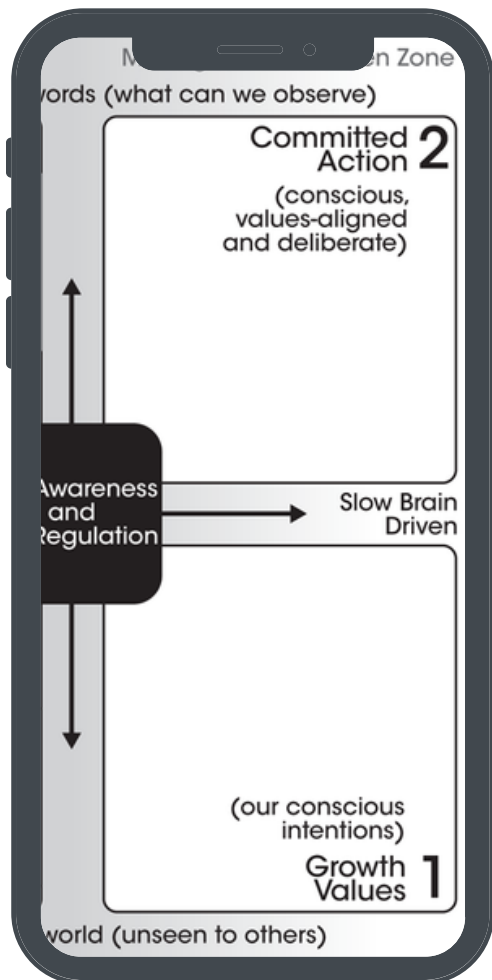


Personal and organisational growth

empowering individuals and teams to be more conscious, productive, healthier, and happier.

The Vertical Growth Program

A deeply transformational program guiding leaders or intact teams through vertical growth, supported by an app for real-time feedback.



Who is this program for?

- Leaders that need to transform team performance.
- Mid to senior leaders who are ready to go beyond surface-level skills and build deeper leadership maturity.
- Teams or cohorts navigating uncertainty, change, or cultural transformation.

Your Leaders will learn how to:

- Gain a new understanding of their own personal and professional challenges and learn how to overcome them to achieve their full potential.
- Implement ritualised learning processes that ensure the embedding of values and behaviours that support team goals.
- Develop emotional regulation skills, which are the single most important skill needed to transform behaviour.

Program Description



6 modules



55 hours over
6-8 months



e-learning &
facilitated
workshops

TRACOM Social Styles

TRACOM Social Styles builds self-awareness and stronger communication. Leaders complete a self-assessment and receive feedback from their team in a personalised report.

In a facilitated workshop, participants learn the four styles and practise versatility strategies, giving teams a shared language to reduce miscommunication and improve collaboration.



Delivered virtually or face to face, with interactive and practical activities

Includes access to the Social Style Navigator app, offering style-specific advice on 30 everyday topics.

Provides the Social Style Passport, showing how your style is perceived across different cultures and countries.

Why TRACOM Social Styles?

- Goes beyond self-perception by including feedback from colleagues, showing how others actually experience you.
- Focuses on observable behaviour, not personality labels, making it practical and easy to apply.
- Measures versatility, your ability to adapt communication. This is something no other model does.
- Creates a shared language that teams can use immediately to improve collaboration.
- Highlights real gaps between intention and impact, leading to powerful insights and behaviour change.
- Recognised as one of the most reliable and actionable tools for improving communication and relationships.