

Coaching for You?

"Adrian's coaching was thorough and effective. His questioning and listening skills enabled and encouraged me to make decisions and to set a path in a life defining way for me and my business goals. Thank you!"
says Delia Hughes.

We are experienced in helping business owners to set their personal and business goals.

Then we will work with them in planning achievable tasks to realise those goals.

We can train you, your staff and your managers in presentation skills, communication and leadership.

Coaching for your team?

"Working in groups helped - meant I could draw on experiences of others and get ideas from them. Performance feedback was challenging and worthwhile. Thanks."
says Weaver Kennedy.

We help your team members go beyond their training and experience to perform excellently.

We can help you to build a team that is dynamic, motivated and achievement-focused.

Business Coaching for achievers

"I had reached an impasse in growing my business. This business coaching has helped me approach my problems from several new angles and suddenly I could see my route to success."
says Richard Slater.

We coach you as you define and refine your Business Strategy and go for growth.

We can help you establish a Marketing Plan that

- addresses the needs of your client groups,
- uses the routes by which you choose to reach your market and
- sets sales goals you can achieve.

"I thought I had to work twice as hard as the men to break through the glass ceiling. I have found business coaching has helped me work smarter not harder. Why did I wait so long?"
says Rita Chipperton.

We help you to manage significant changes in your business such as:

- launching new products or services,
- starting, progressing and delivering major projects or
- growing or shrinking your team sizes to match your market conditions.

Supporting you to achieve your goals

"Adrian is a fantastic coach. He demonstrated a wide range of skill and experience during the coaching sessions which ranged from my personal issues regarding motivation and confidence as well as setting goals for my new job."
says David Richmond.

We can coach you to set clear, achievable goals.

We coach you to plan realistically how and what you will achieve.

We are fully committed as we encourage you to succeed.

Coaching managers through their first 100 days in a job

Recruiting the right person for a management job takes a significant investment of effort and cost so you want to reduce the risk of attrition:

- Helping recruits to recognise how your company culture is different.
- Giving them a sounding-board for ideas and plans that optimises their abilities.
- Enabling them to manage the changes that they are going through.

How are we different?

" Adrian made me think and look at my job in a new light. As marketing has always been a small part of my job, I found that what I like to do can play a big part in the overall marketing picture. This has given me more confidence to do my job well."
says Robin Ambrose.

We have coaches that are business people and know the issues involved in starting up and running a business.

We know the anxiety of finding customers in an ever-changing market.

We know the challenge of managing cash flows to realise a profit.

We understand the value of having an independent sounding board for your new ideas, managing your risks as you compete in your market.

We are available as and when you need us.

- Meeting weekly or fortnightly at first.
- Moving from weekly to monthly meetings as your delivery plan becomes established.
- Increasing the frequency of coaching when you need more intense support.
- Offering a quarterly review when business is running smoothly.

How do you work with us?

" Thoughtful, sympathetic and positive; grasped my business situation swiftly and made useful suggestions and comments from the first session. Helped me resolve some long-standing and perplexing dilemmas, and provided a fresh perspective."
says Nick Saul.

Telephone us on (+44) 07773 380133 - from 9am to 9pm most days – so we can agree dates and times to meet and decide how to go forward. Or email us at sales@help4you.ltd.uk.

Working over the telephone frees you to travel anywhere in the world (so long as you can ring us by mobile, land-line or Skype VoIP).

When you need to work face-to-face, we can meet you in your office or some other convenient venue (with some extra travel costs).

Who are we?

Help 4 You Limited is a small company run by Adrian Pepper, with several associates.

Where an assignment requires it, associates are drawn in to help, giving a broad mix of skills, experience and availability.

We are all qualified coaches working within a clear Code of Ethics.

Coaching successful business people

to achieve personal and business goals

Help 4 You Ltd

www.help4you.ltd.uk

Registered Co. 4802324 in England and Wales

Office: 6 Deal Castle Road, Deal CT14 7BB