

1:1 Coaching

Lunchtime
talks

Resilience Coaching and Training

Helping individuals and groups build their resilience for the workplace.

Are you an employer? Do you have employees on sick leave because of work related stress? Are you keen to support your staff in order to retain talent in your business?

Providing your employees with access to Resilience Coaching can help you to:

- √ Reduce instances of sick leave for work related stress.
- √ Ensure smooth transition for employees returning to work after sick leave.
- √ Retain your best talent, even if they have to take on more responsibility.
 - √ Empower your employees with the ability to thrive in busy working environments.
- √ Optimise work performance; manage conflict effectively.
- √ Meet requirements of insurers to avoid employment-related claims.
 - √ Demonstrate commitment to employee wellbeing.

Your coach/trainer: Lisa Nolan

MD Aslan VA and Coaching Ltd.

RGN, RM, Diploma H.E. Midwifery

Diploma in Business, Executive and Personal Coaching

Professional Training Delivery and Evaluation QQI Level 6 (Train the Trainer).

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