



TRANSITIONING TOGETHER COACHING

CALL 0345 071 2801 or
EMAIL enquiries@hemsleyfraser.co.uk
to find out more and to discuss your
requirements and pricing.



WHAT IS IT?

Transitioning together coaching is a blend of:

- **Group input – content about the transition**
- **1:1 coaching – to make sense of individual experiences and address challenges**
- **Peer coaching – to gain from others' learning and perspectives**

Peer coaching is also a transferable skill that would be useful in other contexts.



WHO IS IT FOR?

Any identifiable population undergoing a period of transition. For example:

- **Maternity/paternity returners**
- **New trade union/ elected representatives**
- **International assignees**
- **First-time supervisors**
- **New board members**
- **Integration/merger**
- **Becoming functional leaders**
- **Re-skilling**



WHY USE IT?

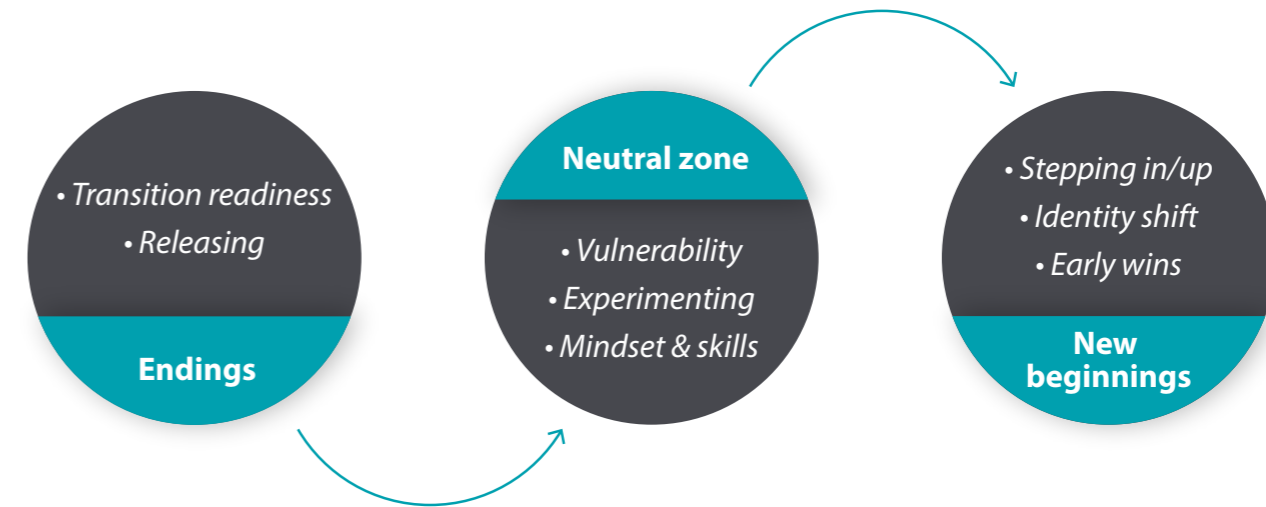
Transitioning is multi-dimensional – requiring shifts in attitudes, beliefs, behaviours, relationships, skills and even identity. Research shows that:

- Coaching is most powerful during times of transition.**
- Peer support can ease/accelerate transitioning.**
- Women and under-represented groups benefit even more.**



HOW IT WORKS

Transitions involve navigating three key phases successfully. Some changes can involve several transitions, all happening at the same time.



Timing matters. The programme begins just before the start date (not too far in advance) and lasts 3-6 months.

Curated digital resources are provided before the transition begins – what you really need to know to begin.

Group input sessions are front-loaded then spread out – to build up knowledge and collaboration.



OPTIONS

Facilitated group or 1:1 sessions.



PRICE

Contact us for details.