

Here's what I can help you with:

Career Progression

- Setting career and life goals that work for you
- Identifying and navigating career crossroads
- Developing your core career toolkit
- Making sure you and your work get noticed
- Managing your personal professional risk
- Achieving promotions
- Negotiating what you're worth
- Creating a successful stakeholder map
- Making networking easy and productive
- Developing an elevator pitch
- Dealing with difficult colleagues
- Managing your managers effectively
- Managing your team effectively.



Paul Morris, Executive Coach

Career Transition

- Understanding when it's time to move on from your current role or firm
- Planning the best way to move on
- Identifying your options and planning for success
- Gaining confidence in what you have to offer
- Making studying whilst working a success
- Approaching the marketplace with strategies that work
- Starting your own successful business.

Personal Wellness and Development

- Working out what success means for you
- Navigating change
- Developing resilience throughout your career and your life
- Identifying what's holding you back and finding a plan to address it
- Why 'perfect is a prison'
- Building wellness into your daily routine
- Making work/life balance a reality
- Tackling tough life and career choices positively
- Identifying and accessing the support you need through difficult times
- Helping you find meaning in what you do.

Qualifications

- University of Wales, Cardiff: BSc in Psychology
- Institute of Leadership and Management: Certificate in Effective Coaching and Mentoring
- The Securities Institute: Certificate in Securities
- Chartered Institute of Bankers: Certificate of Mortgage Advice and Practice
- Chartered Insurance Institute: Diploma in Insurance
- Chartered Insurance Institute: Financial Planning Certificate
- I'm also currently studying to be a Mental Health First Aider.

Rates

Individual coaching £180 per session

- Sessions typically last up to one hour
- Concessionary rates are available depending on career stage

Contact details:

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