



Bespoke Coaching

Transform Your Life in One Year

Aryanne Oade AFBPsS

Chartered psychologist, executive coach and author

“ truly
professional
and highly
effective ”

Introducing Aryanne Oade



I am an experienced business psychologist and executive coach who uses proven techniques and the evidence base of psychology. My job is to facilitate my clients in handling the day-to-day challenges and political complexities of their roles more effectively. But my work is much richer and deeper than simply 'executive coaching'. What my clients think about themselves and other people influences what they achieve and the degree to which they build lives they want to live. I am here to help them succeed by changing patterns of behaviour and limiting beliefs which hold them back.



The
British
Psychological
Society

Chartered Psychologist



My qualifications in business and energy psychology, along with over twenty-five years' experience working as a chartered psychologist, enable me to combine logic with insight. I put my finger on the complex dynamics in my clients' lives which work against their best interests, and provide them with additional and more influential resources in areas where they feel underpowered. The benefits of the work impact them professionally and personally.

I only work with four bespoke coaching clients a year each of whom is committed to making genuine changes in their lives.

My commitment to you, should you become my client, is that I will point you towards the highest best version of yourself that you can be. I will help you confront the ways in which you undermine or sell yourself short. I will help you locate enhanced levels of self-confidence and self-belief, find your true personal power, and facilitate your journey towards a future you are passionate about.

“robustly honest”

“genuinely warm and empathic”

“sensitive and supportive”

About You

My clients all believe that they have more to offer than comes across. They want to unlock their potential, increase the behavioural options available to them, and live more powerful and influential lives. You may already be successful or you may want to be more so. You may be actively looking for something new or you may be on the back foot after something going wrong for you.

You want to do things differently in order to create a better future. But what changes to make, and in what order?

I successfully work from the premise that the resources and wisdom you seek are already within you. Your task is to locate them and live out of them. Working with me enables you to recognise your core self, develop greater self-belief, and cultivate new and enhanced skills for life.

Together we can create change so powerful that it will transform your life in one year.

Here are just some of the outcomes you can experience after one year's committed endeavour. You can:

- ◆ Turn areas of challenge in your life into areas of skill.
- ◆ Clarify what you really want - not just what you'd settle for - and build a life which features those new elements.
- ◆ Achieve your life and career goals.
- ◆ Use powerful and influential behaviour every day.
- ◆ Understand yourself and others more deeply.
- ◆ Demonstrate enhanced emotional intelligence skills.
- ◆ Recognise your own values, how they differ from those around you - and learn to sustain connection anyway.
- ◆ Resolve conflicts, employing self-protective behaviour when you need to.
- ◆ Be more resilient when things become tough for you.

“expert”

“deeply insightful and understanding”

“inspiring”

About The Programme

A Structured Programme Over 12 Months

I am deeply committed to achieving high quality outcomes with every client I work. I think intensely about each programme to ensure that I deliver the best coaching I can. Your bespoke coaching programme will involve:

- ◆ A series of coaching sessions of up to five hours duration.
- ◆ Access to me in between via skype, email and phone.
- ◆ Pre-work in advance of some of the sessions to complete selected questionnaires.

When you first contact me we will talk about you and your situation, what issues brought you to seek coaching and what you would like to have at the end of the process that you don't currently have. We will develop clear objectives for the work. When you are absolutely certain that you want to commit to bringing these outcomes into your life I will send you a Bespoke Programme Outline, including the objectives and the process we will follow, and we will start the work.

Fees and Money-Back Guarantee

Each programme is costed individually depending on the scope and objectives of the work, and a proportion of the fee is payable upfront. If you pay all your fees in advance you receive a 10% discount. This payment schedule ensures your commitment to the work. It gives you access to my time, skills, commitment and wholehearted support as you journey towards achieving all of your coaching goals.

If at any time during the first four weeks of our work together you are not completely satisfied with the programme I will give you 100% of your money back. This is not something I have ever been asked to do but the offer is there to demonstrate how seriously I take the quality of what I do and the value it creates for you as you apply the learning day by day.

“her listening is at times breath-taking”

“exceptional”

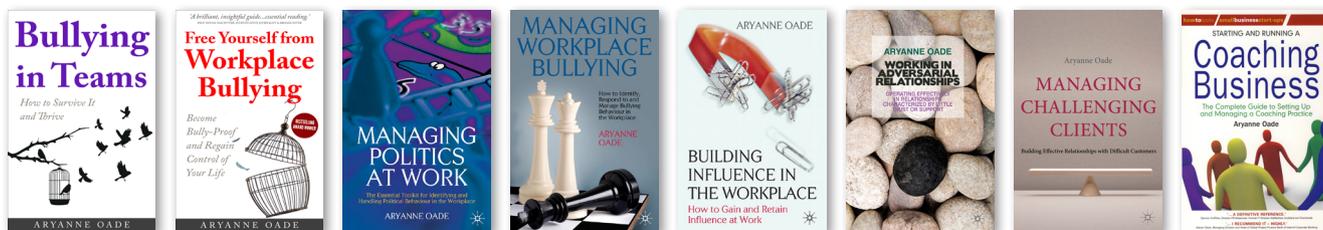
“very safe”

Aryanne Oade

Aryanne Oade works as an executive coach, best-selling author and award-winning publisher. Her innovative and insightful coaching often focuses on the intersection between leadership and wellbeing. Since setting up her business in 1994, Aryanne has coached senior-level clients from over forty-five client organisations in fourteen sectors based across the UK, Europe and North America.

Aryanne qualified as a chartered psychologist in 1991. She is an Associate Fellow of the British Psychological Society (AFBPS). She has an M.Sc. in Occupational Psychology from the Social and Applied Psychology Unit, University of Sheffield (1989), and is an accredited Myers-Briggs, FIRO-B, EQ-i 2.0 and EQ360 practitioner, and an AAMET Certified EFT Level 2 practitioner.

Aryanne is the author of a suite of five books for people at work on handling challenging workplace dynamics (Palgrave Macmillan) and a niche book for coaches (How To Books). She is the author and publisher of *Free Yourself from Workplace Bullying: Become Bully-proof and Regain Control of Your Life* (Flourish 2015), an award-winning bestseller on de-toxifying, recovering and protecting yourself from workplace bullying; and *Bullying in Teams: How to Survive It and Thrive* (Flourish 2017), which is the only book on the market to focus on bullying in a team environment.



* Read the full client testimonials from which these words were taken on my Company website: www.oadeassociates.com/testimonials-2

“

an
extremely
objective
experienced
psychological
eye

”



Oade Associates Ltd trading as Flourish

- ◆ mobile: +44 (0)7747 868 368
- ◆ aryanne@oadeassociates.com
- ◆ www.oadeassociates.com