



LAYTON
LIFE COACHING

Reflect | Plan | Achieve

Coaching Programmes & Services



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The Benefits of Coaching Working Parents

Mothers in paid employment are 23% more likely to experience burnout than fathers in paid employment.

A Great Place to Work Survey

72% of all working dads feel physically and emotionally worn out.

Talking Talent survey (2017)

Parents can find it difficult to adapt to their new identity, balance the changes in their life, and untangle the myriad of thoughts and worries they have, so this is where coaching can really make a difference .

The home/work/life balance can cause stress, overwhelm, and burnout. Coaching helps to unpack the worry and negative thoughts, providing space to look forward, plan and achieve goals, understand the real issues, and make the changes needed to move forward.

Providing working parents (and all staff) with coaching reaffirms their value in your organisation, gives them a chance to feel empowered, to avoid burnout, and have access to the support they need. This in turn improves retention, increases staff engagement, and company reputation in addition to:

- Improving individual performance
- Helping to motivate and empower individuals to excel
- Demonstrates organisational commitment

Parental Coaching Programmes

Maternity Coaching Programme



A supportive programme for mothers and parents taking maternity leave.

- 4 Coaching sessions (min 1 taken before and 1 taken after maternity leave)
- Coaching Program Course Book
- Free Course: The Wellness Balance: Work, Family & You

Paternity & Parental Coaching Programme



A supportive programme for fathers and parents taking paternity & parental related leave.

- 4 Coaching sessions
- Coaching Program Course Book
- Free Course: The Wellness Balance: Work, Family & You

Parental Coaching Corporate Packages

Maternity Coaching Corporate Package

Providing maternity coaching programme for 3 employees.

- 4 Coaching sessions each (min 1 taken before and 1 taken after maternity leave)
- Coaching Programme Resources
- Free Course: The Wellness Balance: Work, Family & You (per employee)
- Avoiding Burnout Webinar to Parents Staff Network (or max of 25 employees)

Paternity & Parental Coaching Corporate Package

Providing paternity or parental related leave coaching programme for 3 employees.

- 4 Coaching sessions each
- Coaching Programme Resources
- Free Course: The Wellness Balance: Work, Family & You (per employee)
- Avoiding Burnout Webinar to Parents Staff Network (or max of 25 employees)

Enhanced Parental Coaching Corporate Package

Providing maternity coaching programme for 3 employees and paternity or parental related leave coaching programme for 3 employees.

- 4 Coaching sessions for each employee
- Coaching Programme Resources
- Free Course: The Wellness Balance: Work, Family & You (per employee)
- Avoiding Burnout Webinar to Parents Staff Network (or max of 25 employees)

The Benefits of Coaching for All Your Staff

A study of Fortune 500 companies reported that coaching resulted in a 61% improvement in job satisfaction scores as well a 48% rise in quality.

Perspect - Manchester Review.

The top five most common benefits of coaching are increased self-confidence (80%), improved relationships (73%), communication skills (72%), interpersonal skills (71%), and work performance (70%).

Upcoaching

Clients who are being coached find they:

- Establish and take action towards achieving their goals
- Become more confident
- Gain more job and life satisfaction
- Feel better equipped to approach tasks and obstacles
- Contribute more effectively to the team and the organization
- Take greater responsibility and accountability for actions and commitments
- Communicate more effectively



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All Staff Coaching Programmes

Work/Life Balance Coaching Programme



A supportive program for all individuals wanting to address stress, overwhelm and avoid burnout.

- 4 Coaching sessions
- Access to coaching tools & resources

Pick & Mix

Choose one or more to tailor the coaching programme you need.



- 1:1 Coaching Service
- Webinar: **Controlling Worry**
- Webinar: **Avoiding Burnout**
- Discussion groups with staff/helping form Parent Staff Networks

Contact for more details



A bit about Transformative Coaching...

Transformative coaching is the process of partnering with someone to support them through a significant change that helps them grow, develop, and ultimately reframe their current thinking. Transformative coaching is a specific form of coaching that encourages critical reflection of how someone sees themselves, other people, their situation and the world at large. It is a powerful process for any member of your staff, and they will be able to target any limiting beliefs, thoughts or behaviour that they feel is holding them back.

It is particularly effective with working parents who experience overwhelm, stress, and are prone to burnout. Transformative coaching and Neurolinguistic Programming (NLP) uses methods that can reduce anxiety and improve overall wellbeing, which is essential for parents to be, new parents, and working parents.

