



trust.
instinctively
positive



**we encourage our clients to understand where they are,
where they want to be and how to get there.**

TRUST IS A COACHING, LEADERSHIP DEVELOPMENT AND TRAINING BUSINESS

Prior to becoming a coach, Jill, the founder of trust. spent 23 years in the legal profession in different settings including the Royal Air Force and the private and public sectors. In addition to being a practising solicitor she held a variety of senior management, development and training roles in the various organisations.



A career change led her to the field of coaching and people development. She built on her practical experience with post graduate study in Applied Positive Psychology and Coaching Psychology and then started her own business, trust. She is at her most effective when working with clients who want to change, develop and flourish as individuals, influencers and leaders.

Along the way, Jill has taken the opportunity to learn British Sign Language and having worked with deaf children in the education sector continues her involvement with the Deaf community as a volunteer for various organisations.

trust. works with individual or business clients providing one to one and group coaching; leadership and development training and well-being workshops. Each subject area is underpinned by Jill's belief that change and development are achieved when individuals identify and use their strengths and abilities in order to flourish.

Jill is a qualified meditation and mindfulness practitioner.



Coaching

ENABLING CHANGE AND DEVELOPMENT

As a Coach with trust. Jill works with clients to discover what they need to do to unlock their potential, maximise performance and achieve goals by supporting their change and development.

Consistent with her original choice of profession as a solicitor, Jill's approach to coaching blends a pragmatic approach with strong theoretical basis.

She has a reputation for asking the right questions to draw out the real issues for her clients. She creates an environment of supportive challenge which in turn enables her clients to reflect and find their own way to where they want to be.

Jill recognises that each client has their own needs from the coaching relationship and she is equally effective working as a life coach or as a business coach.

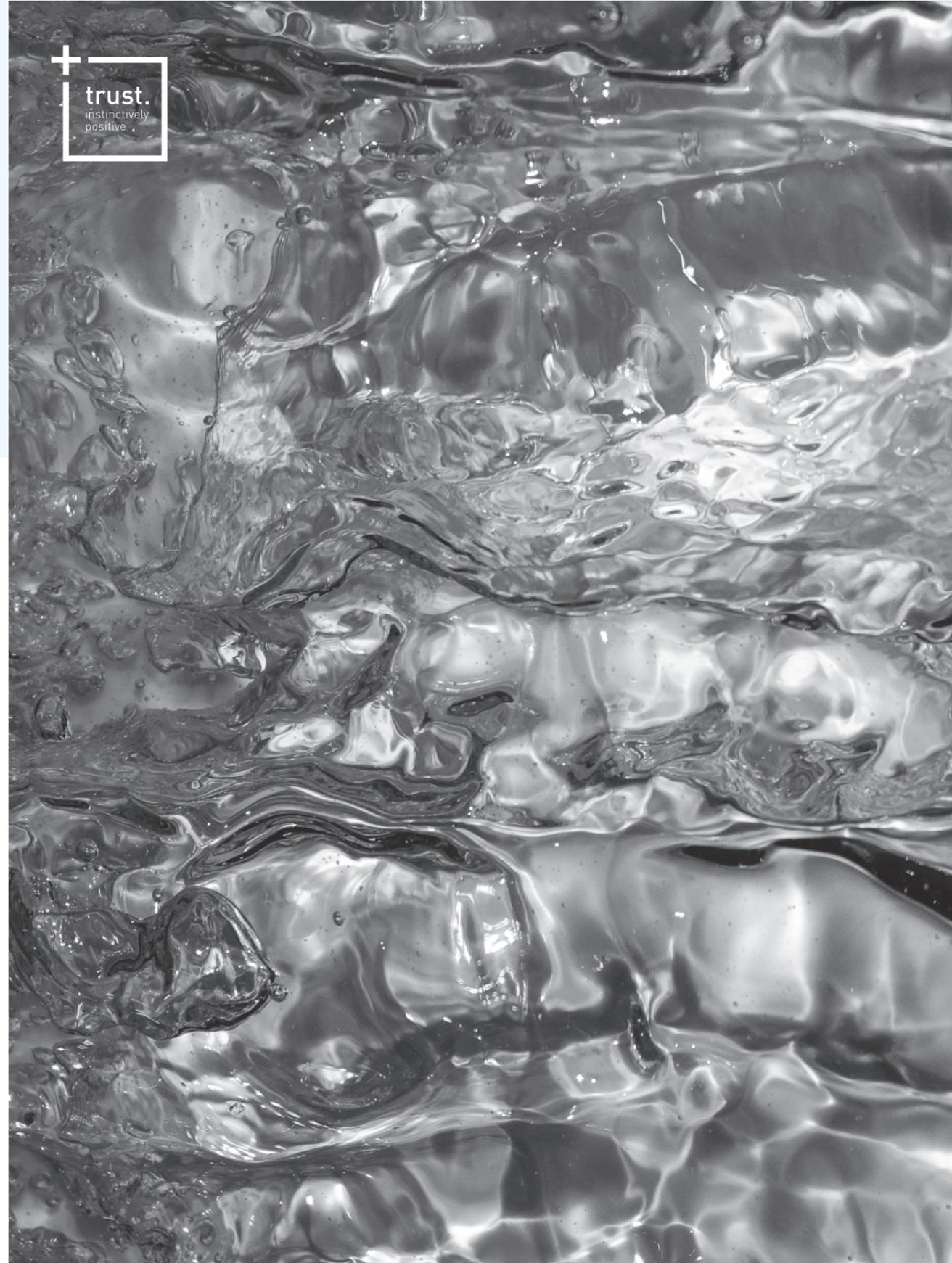
Leadership Development

SUPPORTING THE DEVELOPMENT OF LEADERS

At trust. we support business success by facilitating the development of people as individuals and leaders.

Businesses today operate in a dynamic environment. Leaders at every level of a business need the strengths and skills to help them cope in a demanding and ever-changing environment.

At trust. we provide bespoke leadership development programmes which focus on the vital areas of resilience, use of character strengths, stress management techniques, personal skills, management skills and strategic thinking.





Well-being & Mindfulness

ENCOURAGING THRIVING AND FLOURISHING

At trust. we are passionate in our belief that when individuals within an organisation flourish then the organisation will thrive.

***Mindfulness:** *"...means paying attention in a particular way: on purpose, in the present moment and nonjudgmentally"*

John Kabat-Zinn

Individuals flourish when they experience well-being. Recent research increasingly shows that employee well-being leads to benefits for an organisation in increased discretionary effort; greater creativity; setting higher targets; more efficient decision making and importantly less withdrawal behaviour such as burnout, absenteeism and staff turnover

At trust. we provide fun enjoyable, practical and business focussed Well-Being Workshops based on the research and tools and interventions developed in the field of positive psychology. Within the workshops we consider the recent research as to the value and importance of mindfulness* and meditation techniques. Such techniques have been found to be valuable in reducing stress (the second highest cause of absenteeism in the UK) and in allowing individuals to take charge of the quality of their lives and increase performance and ability to focus.

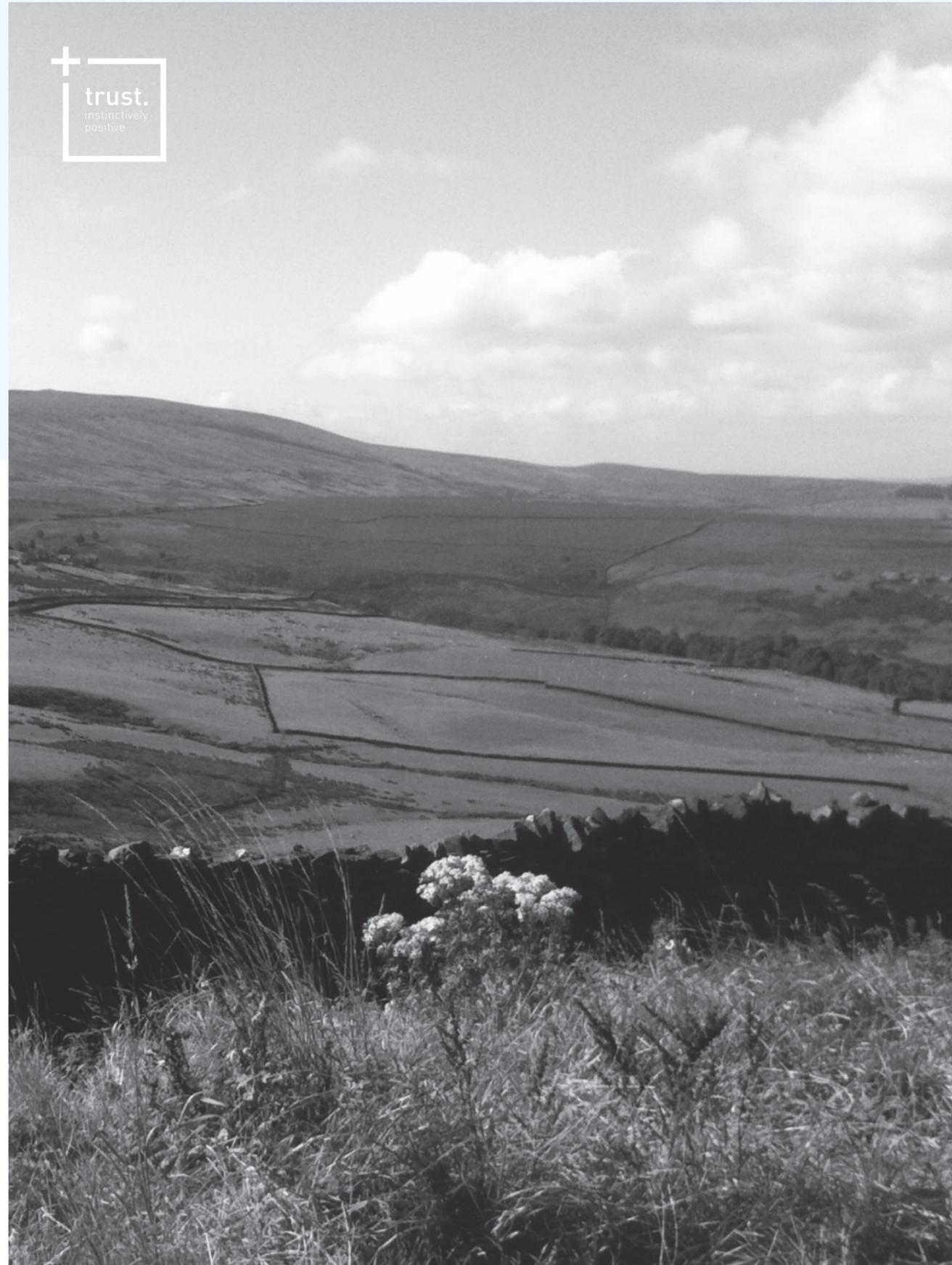
We offer bespoke workshops which are designed following discussion with the client to ensure that they fit their specific needs.

Contact

GETTING IN TOUCH WITH US

At trust. we are always here to help. If you would like to discuss how we can assist you or if you have any questions about what we offer then please do not hesitate to contact our office on 01535 648995

alternatively, you can contact Jill directly by email or mobile
jill@workwithtrust.com
m 07887 4266518





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