

**ENERGY**  
**HELPFUL**  
**POSITIVE**  
**SUPERSONIC**

**HUNTWOOD  
ASSOCIATES  
BROCHURE**



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Huntwood Associates

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# WHAT WE DO

## COACHING

For managers, executives, teams, pairs, groups, spot programmes

Centred on your business growth and career development

Outcome focused, we deliver ambitions, energy, resilience, career progression and making your mark

Face to face, phone or skype

Classic and Watercooler coaching programmes

## MANAGEMENT DEVELOPMENT

Interactive modular format integrating psychometrics, workshops and coaching

Behavioural change and confidence in new skills

100% practical to learn all key management skills

Increased productivity and effectiveness with results:

- 50% increase in knowledge and practice of leadership techniques and strategies
- 30% to 80% shift in goal clarity and delivery

## WELLBEING

Current, topical, and a long term area of interest for us

Equipping managers with the skills to identify and manage stress in their team and minimise the impact on the business

Improve resilience

Learn about mindfulness, stressbusters and managing energy

High return on investment

## MASTERCLASSES

High energy productive skills workshops

Personal and career development

Commercial and management skills

Buy off the shelf

Track record of success for delegates

Topics range from personal impact, negotiation, commercial success, MBTI, EQ, managing change, managing difficult conversations

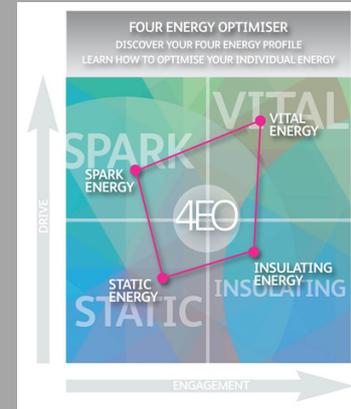


## WATERCOOLER COACHING

Huntwood 'watercooler coaching' provides individual, solution focused business coaching to benefit the development and career progression of Managers

We use all the skills and techniques of classic coaching with the benefits of speedy analysis of challenges, problem solving , the creation of rapid action points.

As it is more cost effective than traditional programmes, the power of coaching is available to more people at different levels in your business.



## HUNTWOOD FOUR ENERGY OPTIMISER

Our energy determines the impact that we have on ourselves, those around us and what we achieve on a daily basis.

Huntwood's Four Energy Optimiser (4EO) can help you understand your energy and how to be more productive, engaged and happier.

Discover your energy profile with the 4EO online self assessment tool and learn how to optimise your energy.



# WE HAVE PARTNERED WITH



# MASTERCLASSES OFF THE SHELF

## COMMERCIAL SKILLS

INFLUENCING SKILLS  
SUCCESSFUL EMAIL PITCHING  
ACHIEVING GOALS AND BHAGs  
INCREASING COLLABORATION  
CUTTING EDGE SALES  
EFFECTIVE ACCOUNT MANAGEMENT  
BUSINESS WRITING  
NEGOTIATING SKILLS  
RUNNING AND CONTRIBUTING TO  
SUCCESSFUL MEETINGS  
INCREASING COMMERCIAL LEADERSHIP  
MBTI

## SKILLS FOR MANAGERS

TEAM AND ORGANISATIONAL ENERGY  
COACHING SKILLS  
HANDLING DIFFICULT PEOPLE  
TEAM CREATIVITY  
PROJECT MANAGEMENT  
ESSENTIAL LEADERSHIP  
TEAM DYNAMICS  
CHANGE MANAGEMENT  
RESULTS FOCUSED WORKSHOPS FOR  
LEADERS  
STRATEGIC THINKING  
TEAM COACHING

## CAREER DEVELOPMENT

IGNITE MY ENERGY  
MBTI  
PRESENTATION SKILLS  
WRITING GREAT PRESENTATIONS  
PERSONAL IMPACT  
STORYTELLING  
PERSONAL MOTIVATION  
POWERFUL COMMUNICATIONS  
RESILIENCE  
PERFECT PITCH: PRESENTATION AND  
COMMUNICATIONS  
PERSONAL EFFECTIVENESS AND  
TIME MANAGEMENT

**WHAT  
WE  
KNOW**



**CIPD**



# PEOPLE BUY PEOPLE



**LOLLIE  
TUCKEY**

**DIRECTOR AND COACH**  
Lollie is an experienced coach with a strong business and psychology background. Known for her positive approach and energy, she puts her great mix of skills to work for every client.



**GAVIN  
AUBREY**

**TRAINER AND COACH**  
Gavin is an ENTP and ENFP superstar coach and trainer. Exf financial services and media sales director. Clients find him "a breath of fresh air". Achieved 93% top rating across 6 KPIs for recent Management programme. Delivers outstanding results and behavioural change.



**MARTIN  
TURNER**

**COACH**  
Martin has coached clients in London, New York and Los Angeles from a diverse range of companies. He has an extensive career in Live Events and Communications. He is engaging, empathetic and fun to work with, helping his clients to succeed and fulfill their professional potential.



**HAZEL  
SAWYERS**

**STRESS MANAGEMENT EXPERT**  
Eight years experience training in Mental Health First Aid; accredited by Maudsley Learning Mental Health at Work and Royal Society for Public Health. Hazel brings enthusiasm and knowledge to help people and companies improve the understanding and management of stress in the workplace.



**GARY  
COLE**

**TEAM AND INDIVIDUAL COACH**  
Top class media sales director turned coach and facilitator. Gary brings commercial insights into the L&D arena. EQ and TILT accredited. Experienced individual and team coach who delivers exceptional results from his clients.



**BEVERLEY  
MCMASTER**

**COACH**  
Ex Retail HR. Skilled at creating "light-bulb" perspectives to step beyond comfort zones into a place of growth and development. Delivers change and exceptional performance by increasing overall impact, communication and presence. A challenging and warm, positive style creates smart new choices, solutions and actions.



**GRAHAM SINGLETON  
& ANTHEA WILLEY**

**MASTERCLASSES AND SKILLS COACHING**  
Graham and Anthea had distinguished careers in top advertising agencies. Offering a fresh approach to presentation, influencing, negotiation and creative training using complementary techniques from performing arts. Fusing these diverse perspectives makes for highly effective sessions that tap into participants full skill sets.



**MARTIN  
WATTS**

**COACH**  
Martin is passionate about releasing the potential of executives and managers for business enablement and high performance. He adapts his coaching style to individual requirements, creating a safe, secure and confidential environment within which the client can explore new thoughts and re-evaluate.



**NANETTE  
GIBB**

**COACH**  
Nanette is a skilled and highly commercial executive coach, who uses a practical, no-nonsense and enabling style of coaching to empower and grow her clients into more resilient, confident and inspiring business leaders.

# TESTIMONIALS



Business coaching can be a hugely under-rated area and I would urge anyone considering it to find the time to commit. Working with the talented and very professional Lollie Tuckey, I found the insights, both business and personal, hugely valuable. ....**SALES DIRECTOR, FINANCIAL SERVICES**

Moving from team manager to Head of Department was not working well for me, but the coaching sessions have helped me. Things feel clearer, and adopting the coaching management style has brought cohesiveness and a sense of team work. Thanks so much .....**INVESTMENT MANAGER**

They worked with me to upgrade my thinking from short term to more strategic..... **NATIONAL SALES MANAGER, GLOBAL PHARMACEUTICAL**

Huntwood understands organisations. Their market and landscape knowledge is crucial in delivering successful 1x1 coaching and team building..... **CEO ONLINE BUSINESS**

The outcome is greater perspective, clearer thinking and focus on what you need to do to succeed. .... **GLOBAL CEO, ADVERTISING**

The single most impressive benefit for me, was my ability to break certain patterns of behaviour and develop some genuine leadership qualities about effecting change, influencing others .....**SALES DIRECTOR**

**LEADERSHIP HRD** reported: Delegate business knowledge and practice of leadership techniques and strategies increased by 50%..... **GLOBAL FINANCIAL SERVICES**

They are exceptionally good at dealing with senior leaders in large organisations .....**EVP, MEDIA**





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