



## NICK CROMWELL COACHING

Achieving Results through Executive, Business and Personal Coaching

[www.nickcromwellcoaching.co.uk](http://www.nickcromwellcoaching.co.uk)

Telephone 020 8556 8370 Email: [info@nickcromwellcoaching.co.uk](mailto:info@nickcromwellcoaching.co.uk)

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### Improve Personal Performance and Maximise Business Potential with Nick Cromwell Professional Coach and Development Consultant

Coaching enables individuals to maximise their full potential in their professional, business and personal lives, helping organisations and those within organisations to achieve goals and move beyond expectations. Nick Cromwell is a skilled coach and works at **all levels** within corporations and privately with individuals. He has particular expertise in **Executive and Management coaching**. He specialises in:

- ★ Improving Performance
  - Goal setting
  - Time-management
  - Personal development
  - People skills and client relations
- ★ Increasing Motivation
  - Work-life balance
  - Stress relief
  - Productivity
  - Managing emotions
- ★ Staff Management and Supervision
  - Conflict resolution
  - Target setting
  - Managing change
  - Communication

As a skilled listener, Nick brings objectivity to organisations, teams and individuals by acting as an external and informed “sounding board”. The Coaching Plan is based on an approved format, tailored to individual and organisational need. Nick’s coaching takes a calm and measured approach. His style enables him to develop a unique relationship with his clients, which is both **powerful** and **transformational**.

Nick is **highly qualified** and gained a scholarship to train with The Coaching Academy, the highly regarded coach-training organisation, where he graduated with distinction. He is an accredited coach, trained in life and corporate coaching, a trained counsellor and qualified Master Practitioner in Neuro Linguistic Programming. He coaches because he enjoys working with people, helping them to perform to their best.

Nick has over fifteen years experience in management and personal development. His experience includes successfully running The Elizabeth House Association and coaching senior executives in both the private and public sectors as well as coaching other coaches. In addition to helping individuals, Nick works with teams both as coach and facilitator.



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Nick has worked for a number of **high profile organisations**. Recent clients have included Primavera Systems Inc, Reed Smith LLP, Withers LLP, Outward Housing and Ascham Homes. These are just some of the things people say about him:

“Nick Cromwell has consistently offered a pragmatic and consultative approach to coaching. He provides valuable insights into how to move forward and invests time in understanding the organisational needs and establishing the background to the individual's needs. We are very satisfied with the results he has achieved” - Training Manager, International Law firm

“Very practical. I now have more choices” - Manager, Housing Association

“The coaching sessions were successful in developing a strategy to reduce conflict within the sales and marketing team. Each person was able to identify personal and team goals to deal constructively with conflict. The team now works together better than in the past and issues raised in the coaching sessions have motivated everyone” - UK HR Manager, International software design company

“I found Nick’s approach and advice extremely helpful. He enabled me to distance myself from things and deal with them head on, instead of procrastinating into a deadline stupor” - Stuart Wright, Contributing Editor Dazed and Confused magazine

“Thank you for your help and support. Regular coaching sessions have helped me to remain positive, motivated, and focused. Your friendly, relaxed, yet professional style has enabled me to gain clarity on issues and to crystallize specific actions to take me forward. I would happily recommend you to others” - D Thomson, Business and Personal Coach

“I found ways to resolve issues and to approach and deal with others. I have become aware of what I want to achieve and that makes me feel good within” - Corporate client

“I am much more aware of the need to slow down and to talk about things. I am now better able to plan” - International Sales Team Manager, Corporate client

“Thank you for helping me to order my life. You always seem to go that extra mile and the value that you give at every session has been invaluable. I have been able to sort out my career priorities and give a better service to my own clients. I very much look forward to continuing our coaching sessions” - Laurie-Anne Hatcher, Director, Personal Development Services

“I now have confidence and defined goals that I feel I can achieve. I cannot thank you enough for your empathy and astute insight” - KW S, Practice Manager

“I really enjoyed our sessions” - Managing Partner, International Law firm

**Nick Cromwell BA Hons, Accredited Coach, Practitioner and Master Practitioner NLP, Post Graduate Cert Ed, Cert Counselling, Cert Hypnosis, Qualified NVQ Assessor, Qualified Project Manager, Licensed Karate Instructor, Member Coaching Academy, Member Institute for Individual Psychology**