



Strategic Solutions Ltd is an organisation development company who can help you to improve and grow your organisation or partnership. We do this in a range of creative and enjoyable ways always especially designed for you.

→ **Mentoring for leaders**

Costs are available on request



Mentoring for leaders

Leadership today calls for increased levels of judgement, clarity and decisiveness. These qualities have to be displayed in an increasingly competitive environment. Complex issues can significantly affect successful functioning. Even the most effective leaders experience feelings of anxiety and inadequacy. This can precipitate inertia, frustration and stress.

Mentoring is a completely confidential individual support service. It works through the establishment of an ongoing one on one trust based relationship with a mentor who has skills, knowledge and experience which can be drawn upon for inspiration, reflection and professional development. It provides space in which to undertake structured reflective thinking and the opportunity for dialogue about pressing and stressful issues. It can transform the isolation of leadership into new ways of thinking generating energy and excitement and enhancing creativity. It reduces stress and improves overall performance.

Helps with.....

- Developing an individual leadership style
- Priorities and time management
- Business planning and growth
- What to say at tomorrow's meeting
- Overcoming objections to change and developing consensus
- Developing great staff



**Our Mentoring Programmes
Conducted personally by Sheila Stokes
White who has over thirty years experience
in this field**

Initial - 3 sessions

This is the programme for you if you would like an Introductory opportunity to test the value of mentoring for you and experience how useful it can be. The sessions can be once a month or any other frequency which suits your schedule. We usually suggest these should be no more often than weekly.

Standard – 6 sessions

This programme will suit those who have previously experienced mentoring or have done the initial programme. It is a renewable contract time limited to 6 sessions but easily expanded into the extended programme if you wish. The six sessions can be spread over six months or over a shorter period to suit your needs.

Extended – 12 sessions

Our extended programme is for those customers who would like to have continuing long term mentoring support – often useful to a chief executive, owner manager or leader - who knows the value of such confidential support. The twelve sessions can be at a frequency negotiated so suit you – either regular spread over twelve months or in intensive but infrequent bursts or on a pay as you go basis over an extended period.

