

**Prydale**  
PARTNERS

Releasing inner potential



**New**

**thinking!**

for individual thinkers



# removing barriers and improving performance

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Prydale Partners is a Personal Development and Training Consultancy.

Our mission is to enable others to live their lives as they really want to.



Releasing inner potential

*We specialise in helping individuals and organisations to maximise their personal or business potential.*


We facilitate performance enhancement by focusing on desired outcomes. By doing this we are helping individuals and groups to identify barriers to success and then by finding ways of removing these barriers.

In addition to the consultancy service, we provide individual coaching, team-building, leadership development, communication and influencing skills, as well as the many aspects of facilitating change management.

It is of the utmost importance to us that each team, team member and individual is able to use our service to the full. Therefore what Prydale offer is a very personal and individual experience for all our clients.

We provide intensive one-to-one residential coaching at our own facilities, where you can pursue your own development within the beautiful setting of the North Pennines.

- CONSULTANCY SERVICE
- INDIVIDUAL COACHING
- TEAM-BUILDING
- LEADERSHIP DEVELOPMENT
- COMMUNICATION
- INFLUENCING SKILLS
- CHANGE MANAGEMENT



# performance through coaching

Coaching  
Influence  
Motivate  
Focus Skills  
Effective  
Communicate  
Achieve  
Discover

## Effective Coaching in the Workplace

*"A good coach is one of the greatest assets an organisation can possess."*

Ordinary people achieve extraordinary results in business. For many people these results are achieved through and with the support of coaching. The term coaching has been around in business for much of the last decade, and yet still has varied interpretations. Simply defined, coaching is one person guiding another through a process, leading to performance enhancement. The applications can vary... support to achieve a specific project, helping an individual to do better what they already do well, or developing a skill they don't yet possess.



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## What is Coaching?

Coaching focuses on future possibilities and utilises learning from past experiences. Coaching is more about how things are done, rather than what things are done. It is about unlocking a person's potential and maximising their performance. It is about helping people to discover answers for themselves rather than advising.

Coaching works on resolving problems below the level where they occur. For example, beliefs and values drive behaviours and beliefs and values come from our identity. Therefore, working with a problem that manifests itself at the level of behaviour, means the coach working with you at the level of beliefs and values. It is like peeling away the top layers of an onion to discover that the problem lies at the core. Coaching done well is about working at the core, which resolves not only the presenting problem but also problems which at the time are not even manifesting themselves yet.

Coaching is about building a relationship which is based on choices rather than advice. For Prydale, coaching is holistic, it takes into account the whole person and the complete range of issues which require resolution or improvement. Coaching is a way of thinking, a way of being, and a way of accelerating development.

## Why should organisations use coaching?

Coaching is a lever for unleashing potential! A tool for unlocking performance! An approach to change! It can be used to enhance the performance of the coaches beyond their dreams. Once that performance is unleashed, that automatically means change in thinking, doing and acting.

Many successful companies today are going through continuous change, which results in greater ownership for employees. They take responsibility for their own functions, which opens their

thinking to new and more effective ways of working. In companies such as IBM, McDonalds and Federal Express, for example, coaching supports new thinking, which leads to a continuous improvement change process.

Focused coaching can and does improve performance in individuals, teams and the organisation itself. Over the last three years there has been widespread growth of interest in one to one coaching, with individuals recognising the benefits that this approach can bring to their own performance and success.

## Why Choose Prydale Partners...

# Spectacular

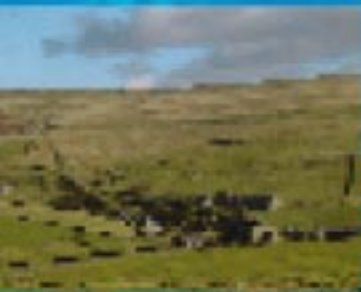
The warmest  
welcome...

*'Prydale's coaching ability, coupled with the techniques they use, enabled me to identify areas of personal and professional development that I wished to enhance. I was successful in meeting my goals.*

*An extremely empowering experience. Try it, it works.'*

Manager, Care services, North Tyneside Council

## Awakening your Senses



### A dramatic setting

Focusing on self improvement and development is crucial to get the very best out of you and your team.

We have acknowledged this need by creating a comfortable atmosphere to bring out the very best in you.

You'll never be in a more relaxed state, feeling refreshed with a renewed self belief.

### An historical location

Prydale's seven acres is within the unspoilt North Pennines Area of Outstanding Natural Beauty.

Lead has been mined in this area since Roman times. The village of Rookhope has its own rich history, and is now a diverse rural community.

Sample for yourself the refreshing spring water from Prydale's very own ancient spring.

### Deluxe accommodation

Our converted barn provides you with the opportunity to relax and unwind during your stay with us. It comprises of lounge with log fire,

two double ensuite bedrooms, kitchen/ diner, and fabulous panoramic views .

NB: You will be fully catered for throughout your stay!

### Awakening your senses

'Witness for yourself pure untouched natural beauty'

'Hear the silence'

'Feel the peace'

'Breathe in the clearest most invigorating fresh air'

'Savouring clear space to develop and change'

### Active activities

During your visit, you may want to make the most of your stay by taking advantage of the full range of outdoor activities including;

- Free bike hire
- Fresh water fishing
- Canoeing & sailing
- Horse riding
- Fell walking, of course!

*'Andrew recently led three, one day NLP workshops for my management colleagues on the West Coast of Scotland. He trained approximately 60 people. Their response was very positive - he was articulate, knowledgeable, adaptable and more importantly subsequent evaluation has shown a change of behaviour in the workplace.'*

Head of HR, Marks & Spencer

## Experienced professionals

Andrew Pearce is an experienced HR specialist and trainer. He is a personal and professional development coach and a Certified Trainer of Neuro Linguistic Programming.

Delivering tailored courses and workshops as well as open courses, Andrew aims to increase the choice for individuals and teams who want control of their own futures.

Jane Pearce is a qualified nurse, hypnotherapist and master practitioner of Neuro Linguistic Programming. She offers hypnotherapy and coaching to all individuals choosing to make a positive difference in their lives.

Jane and Andrew successfully combine their professional interests with the demands of raising 4 young children, fulfilling their aims of balancing work and family.

## Value for time and investment

There is a choice of coaching courses available for your training budget. Investing in your teams future will be one of the most important investments you will ever make.

NB: your company may be eligible for a training and coaching grants. Please ask for details

## Specialists to all business sectors

Our wealth of coaching expertise has successfully helped many companies throughout the United Kingdom, including: High Street Retailers, Financial Institutions, Health Authorities and Blue Chip Organisations.

From Work Life Balance and Executive Coaching to Leadership and Motivation, Prydale have focused on delivering tangible results for individuals and organisations.

# Prydale

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Releasing inner potential



## To live your life as you really want to...

Spectacular



accessible isolation

Awakening your Senses

Tranquil

**Prydale**  
PARTNERS

We are only 4 hours from London Kings Cross, 2 1/2 hours from Manchester and Leeds and only 1 hour from Newcastle. Please contact us for detailed directions, whether you are travelling by land, rail or air.

To request our coaching courses or to sample our fantastic facilities please contact us, we shall look forward to hearing from you.

**Prydale**  
PARTNERS

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