

# IMPROVE YOUR QUALITY OF LIFE...

## Life & Business Coaching...

...to focus & regain control -

- For a manager who needs to find time to think strategically;
- For an employee who wants to take on a more challenging role
- For an individual who wants to learn how to feel less stressed.

Whatever the issue, coaching

- helps you to gain insight
- suggests solutions and
- supports you as you work towards your goals

*"Ghyslaine is a wise and perceptive person and a highly effective coach"*  
AH, Norwich

## Training & Workshops...

...to increase skills & retain staff -

### *Topics include:*

Building confidence

Listening skills

Managing stress

Motivating yourself & others

Team building

Time management

Courses can be tailored to your requirements

*"The course met my aims and expectations perfectly"*  
LS, Brandon

## Holistic Services...

...to develop self-awareness & find peace of mind -

### *Services include:*

Gestalt psychotherapy

Supervision

Dream coaching

Group facilitation

Angel card readings

I Ching readings

*"I found our sessions creative and fun"*  
CT, King's Lynn

## WHAT ARE THE BENEFITS?

**Coaching** to provide focus, help you take control and enhance your peace of mind.

**Training** to retain staff, increase skills and allow people to reach their full potential.

**Holistic Services** to increase self-awareness and for personal development

### For further information:

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Visit the website at [www.gaincd.co.uk](http://www.gaincd.co.uk)

## GHYSLAINE CLARKE

A qualified Human Resources generalist and Gestalt psychotherapist, I started Gain Coaching & Development to offer a service to people wanting to make positive changes at home or work.

With 20 years' experience of providing training and mentoring in a variety of roles, including managing a local independent charity, I enjoy using my skills to improve people's quality of life.

Also qualified in group work (UEA) and life coaching (City University, London), I adhere to the CIPD (Chartered Institute of Personnel and Development) Code of Ethics.



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