



# Team Coaching



“Talent wins games, but teamwork and intelligence win championships.”

Michael Jordan

## Unlock Your Team's Potential with Professional Coaching

Welcome to a new era of team performance and collaboration! Our professional team coaching services are designed to empower your team to achieve its highest potential. Whether you're looking to enhance communication, boost productivity, or foster innovation, our tailored coaching programs can help you get there.

## What is Team Coaching?

Team coaching is a highly interactive process in which a skilled coach works with a team to enhance their interpersonal dynamics and performance. Unlike traditional team building and training, team coaching is customised to address the specific needs and goals of your team, focusing on real-time challenges and opportunities.

## Benefits of Team Coaching

- **Enhanced Communication:** Improve the way your team members interact, ensuring clear, effective, and meaningful communication.
- **Increased Productivity:** Identify and eliminate obstacles to productivity, streamline ways of relating to each other, and enhance overall efficiency.
- **Strengthened Relationships:** Build trust and cooperation within the team, leading to a more harmonious and effective working environment.
- **Boosted Morale:** Foster a positive, supportive and psychologically safe atmosphere that encourages team members to give their best.
- **Innovative Solutions:** Encourage creative thinking and problem-solving to drive innovation and stay ahead of the competition.

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“I have enjoyed a business relationship with Sixth Sense for over 15 years, across several organisations. They are trusted advisors to me and my team, supporting and guiding me through times of change, growth and challenge. Their advice is always practical and thought-provoking and underpinned by sound business psychology principles that have enabled us to build strong, dynamic senior teams”.

**Adrian Fieldhouse, Managing Director, Sopra Steria Government Sector and UK Excom Member**





# Team Coaching

## Our Approach

- **Trust Building:** We start by helping team members get to know and understand each other better. Human relationships are at the heart of our approach.
- **Assessment:** As psychologists, we can provide you with a comprehensive assessment to help you understand your team's strengths, weaknesses, and areas for improvement.
- **Themed Sessions:** Our coaching sessions are engaging and practical, providing hands-on techniques and strategies that can be immediately applied. There's usually a bit of theory and then there's a lot of practice and build. We typically help teams explore attitudes to risk, how to deal with conflict, how to stay well in high-pressure roles and how to be creative.
- **Continuous Support:** We offer ongoing support to ensure lasting change and continuous improvement.

## Why Us?

- **Expert Coaches:** Our coaches are highly experienced and qualified professionals with a wealth of knowledge and expertise. We blend the best of business psychology with the practical application of group dynamics.
- **Proven Track Record:** We have a history of helping teams achieve remarkable improvements in performance and satisfaction.
- **Tailored Solutions:** No two teams are the same, and neither are our coaching programmes. We customise our approach to fit your unique needs.
- **Holistic Approach:** We consider all aspects of team dynamics, from individual personalities to organisational culture, ensuring a comprehensive solution.







Bringing Psychology to Life



## About

Leading teams rely on us to help them select, develop, and retain the right people to keep them in business.

## Contact Us

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