

One to One Coaching with Women to Work

WFS are delighted to share with members the opportunity to book **One to One Coaching Sessions** via Teams for women in your Fire and Rescue Service, with **Emma or Jenny from Women to Work** at a reduced rate of £100 per session.

Emma and Jenny have been delivering the WFS Women's Development programme for many years and have supported hundreds of women in fire and rescue services during that time, and this is an opportunity for women to work with Jenny or Emma on an individual basis.

"This was a fantastic three-part course that built my confidence, gave me a greater understanding of myself at work and in my personal life, and provided tools to use in the future. Thank you!"
WFS Women's Development Programme Delegate



To find out more or to book coaching sessions email Emma and Jenny at info@womentowork.co.uk and quote **WFS**

One to One Coaching with Women to Work

Our One to One Coaching can help individuals to:

- challenge negative self-talk and imposter syndrome and build confidence
- manage work and life demands and feelings of overwhelm
- develop a positive mindset, personal resilience and manage setbacks
- focus on career progression and development
- consider their leadership aspirations and the leader they are or want to be
- explore having a voice and how to present themselves
- consider managing professional relationships and building connections
- consider the impact they can and want to have
- create an action plan of manageable achievable next steps

“Women to Work is a wonderful organisation that provides fantastic coaching that leaves you invigorated, energised and with a clear sense of purpose. The sessions are action-oriented and provide you with practical tools to help identify what you want and how to achieve it.”

“I have worked with Women to Work and their 1:1 coaching which has been hugely beneficial in terms of resetting my goals, allowing me to see that I have the skills and experienced to achieve on these, and giving me the boost I needed. A very worthwhile investment for my future and I cannot recommend Jenny and Emma highly enough.”

