



Leadership & Stress Management Coach



scan me

Helping Leaders Flourish

I'll support you to build confidence in your leadership & address any challenges you face, helping you to unearth your own wisdom, focusing on leadership behaviours. I'll challenge you to consider new perspectives that align with your values. We'll work together to use the right tools and strategies to achieve your goals whilst maintaining wellbeing.

Why choose Nicola Hackett Coaching?

My experience in sport and business as a sports coach, tutor and then leader for the last 20 years has shaped my positive and empathetic coaching style. I see potential in people and the most rewarding part of my career has been supporting colleagues to grow and develop.

As a lifelong learner, through my studies in management, leadership and coaching, my partnership with you will be underpinned by robust theory and research. I believe in strong authentic leadership and being true to yourself. Honesty, integrity and empathy are at the heart of my coaching philosophy.



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Services



Book an
Introductory Call

1:1 Coaching

Tailored to address your specific challenges, enhance self awareness and improve performance outcomes. We'll start with gaining clarity on where you want to make an impact, take a deep dive into your leadership style and behaviours, realise your unique strengths and capabilities, identify your blind spots and opportunities for growth.

Suitable for aspiring, new and more experienced leaders.

Stress Prevention & Management

1:1 coaching and workshops to help you recognise and manage stress, identifying the right tools and strategies that will improve your emotional and physical wellbeing.

Suitable for anyone looking to raise awareness of stress and manage stress more effectively. This includes managers looking to support their teams and help reduce work related stress.

Coaching & Mentoring Fundamentals

Designed to help organisations establish an internal coaching and mentoring programme to meet individual requirements. This can include programme design, recruitment and matching process and engagement, training for coaches/mentors, support and supervision and evaluation.

Suitable for organisations looking to develop a bespoke coaching and mentoring programme to enhance performance, company culture and employee engagement.

Contact me for a no obligation chat

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