

# Create the change you want to see with Joan Henderson, Mentor and Coach



## Hello from Joan

I have worked in a variety of roles for over 35 years. I have provided middle and senior management training for over 300 organisations focusing on the development of roles and responsibilities, monitoring and evaluating progress, a system of action planning as a process and leading and managing people and change.

I set up my business as an educational mentor 7 years ago and now have a Limited Company planning bespoke facilitating, coaching and mentoring sessions and workshops for staff throughout Northern Ireland. I am privileged to support and encourage those whom I work with to develop their confidence and experience in overcoming the barriers and challenges that we all meet along life's journey.

I can help you:- develop greater self-awareness to appreciate your strengths, notice changes and responses in yourself and others, develop your competencies such as listening and communication skills and how to deal more effectively with others in work in order to be clearer our responses and better understood.

Through mentoring and coaching I can help you enter your interview feeling prepared and confident.



### THE BEST OUTCOME

My clients/mentees discover how to become more resourceful and learn how to overcome barriers when they get stuck, bringing more ease to every aspect of their lives.



### PREPARING FOR AN INTERVIEW

You want to make a positive impression. You are struggling with confidence to face this. You need support to reflect on your experiences and prepare effective responses.



### FINDING A FOCUS

You know you have a job to do, you want to make a difference, but you're overwhelmed by where to start or by day-to-day life! Getting started! You want to take on a new responsibility or new position. You have a great idea, but it hasn't progressed much further, where do you start?



### MAINTAINING MOMENTUM

You have started, but it feels like you are hitting every hurdle. You are worried that you can't continue like this.



### START GETTING THINGS DONE!

Are you constantly putting things off and finding excuses?



### HOW CAN I HELP?

I can help you shed some of the guilt and fatigue that is weighing you down. I can support you to get started, step up, take action and make a difference that only you can make! We can develop a vision, create a strategy to find solutions to help you start taking action. I can help you reconnect with what you are doing and why!

Are you preparing for an interview?  
Do you know you can do the job, but the interview is the hurdle?  
Are you applying for a management responsibility?  
Do you desire to make a real difference?  
Do you want to get your team on board?  
Do you feel that you are in a fog, and want to find a focus?

To find out more please contact [joan@joanhendersonem.co.uk](mailto:joan@joanhendersonem.co.uk)  
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"As part of the sessions Joan and I have discussed a range of professional situations where I have felt the need to develop. I have learnt coping mechanisms and various ways of interpreting conversations to ensure I can present, respond and communicate in a more positive way. Joan has provided me with a range of skills to help me review and reflect on my development. I have developed resilience and coping mechanisms that are relevant to my job and my listening skills have improved immensely."

Cathy Wilson  
Work Related Learning Development Officer,  
(Arts Humanities and Social Service),  
Queens University Belfast

"Joan is an expert in getting you to realise your potential and giving you the courage, confidence and skills to rise to any challenge. She helps you to tap into your inner-belief and become the best you can be. A coach and mentor like no other!"

Lisa Brown  
Principal  
Doagh Primary School

