

Call for a free 30-minute coaching session!

Life shrinks or expands in proportion to one's courage

Anais Nin

Oasisolutions, a dynamic coaching and training company, was established in 2001. We specialise in bringing out the very best in people to improve performance in the workplace, achieve greater work/life balance and enhance their personal relationships. We do this through coaching, training, and complementary therapies. At Oasisolutions people are our passion, contact us and let us get passionate about you.

### Performance Coaching

More than 80%\* of companies and organisations use coaching. Why? Because coaching has a proven track record to:

- . Develop employees
- . Prepare employees for promotion
- . Inspire executives and senior managers
- . Help new managers/supervisors become effective quickly

In today's rapidly changing work environment it is not always possible or cost effective to send employees on training courses. If you are a small company this is especially true as you need your employees to learn on the job. Coaching is therefore an ideal solution; employees improve their skills by working with real live situations, not just text-book or hypothetical ones. Coaching benefits all levels in the corporate structure. Who motivates and inspires senior managers? Increasingly coaches do, particularly when they are outside the executive's organisation and provide a confidential and

\*CIPD 2004



objective ear.

### Team Development

With the rapid pace of change in the workplace teams need to be able to respond quickly and effectively. Poor teamwork saps energy, stunts business growth and diminishes productivity. In some service sectors poor teamwork can actually put lives at risk. If you are concerned about the bottom line, looking at the bottom line poor teamwork costs money through poor customer care, lost opportunities and poor productivity.

Oasisolutions has many years experience helping teams realise their full potential. We work with them to identify where changes need to be made and then equip them with the skills to make the changes. We're about empowerment, not dependence. We can help your team to perform at levels only previously dreamt of.

### Personal Development

- . Do you long for a better work/life balance?
- . Could your relationships with colleagues, family, children (especially teenagers) be more harmonious?
- . Do you yearn for a real intimate relationship?

Oasisolutions works with individuals on a 1:1 basis to improve every area of their lives. We also run small workshops based on the principles of Louise L Hay, Deepak Chopra and Neuro Linguistic Programming to help our clients reach a deeper understanding of themselves and those around them. Workshops are kept small to enable those taking part to truly explore what it is they need to change in order to

live happier and more fulfilling lives.

### Life Coaching

Coaching is Britain's second fastest growing industry. Why? Because more and more people are discovering how powerful coaching can be to help them make the changes that lead to a more fulfilling and rewarding life. A personal coach is like a bridge, he or she does not make the journey for you, but is there as a link to help you get from where you are now to where you want to be. If you're not clear where you want to be, that's not a problem, coaches help you clarify your goals and then help you to achieve and often exceed them.

What the papers say about coaching.

"More and more people are employing a professional to help them get their lives under control and finally achieve everything they want." *Daily Mail*

"Coaches act as a mirror; helping people to work out what they want, what they are good at, what they are bad at, where and how they can improve." *Financial Times*

"Coaching deals with all areas of life, professional and personal - it's not just for people with problems - but for those who want to do what they do even better." *Independent on Sunday*

Imagination is more important than knowledge

Albert Einstein

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## Health and Well-being

### Weight Management

Obesity is a growing problem in the UK and affects men, women and children alike. Oasisolutions works with one of Britain's leading coaching companies to deliver an effective weight loss programme. The Weight Management Programme does not simply focus on diets. It helps clients understand the underlying causes of their weight problem and make internal and external changes to break the cycle of weight loss/weight gain experienced by so many people who simply diet.

### Reiki

For our clients who have difficulty relaxing we offer Reiki treatments for total relaxation and rejuvenation. What is Reiki? Reiki (pronounced Ray-key) means Universal Life Energy, and is a means of allowing healing energy to enter a person for their well-being. It promotes deep relaxation, releasing stress and tension, allowing the body to heal itself and the mind to open to the causes of tension and discomfort. This allows you to make positive changes to life.



If you would like a free 30-minute coaching session or to discuss how Oasisolutions can help you please contact:  
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very best



personal and corporate development,  
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