

BROCHURE OF SERVICES: COACHING AND SKILLS DEVELOPMENT



preferred future
skills academy
learn, achieve, **transform**: online and face-to-face



Contact

www.preferred-future.com | email: courses@preferred-future.com

Skills Development: Customised, high impact training

Our in person or online skills development programs will accelerate your learning and skills.

We specialise in management and leadership development courses.

All our programs are:

Well researched, relevant content that can be applied immediately

- High-quality and well-designed, with course materials, handouts, workbooks and PowerPoint slides
- Interactive, with engaging activities, learning materials, role-plays, activities and other learning materials
- Delivered in a friendly, inclusive style of training facilitation
- Customised, with content that is suitable and appropriate to the required audience
- Blended, with learning pre-work as appropriate
- Well evaluated using measures to gauge the impact of the programmes, including check-ins with the delegates during the programme to ensure that their needs are being met

Our most popular in person courses include:

- Building and strengthening a high performing team
- Setting and monitoring SMART objectives
- Giving and receiving developmental and motivational feedback
- Turning around under performance
- Retaining and growing your talent
- Coaching your teams for consistent high performance
- Motivating and engaging your team
- Building your management assertiveness and communication
- Handling difficult and challenging team situations



Executive Coaching: Releasing Your Potential

Are you truly maximizing your potential and achieving your goals? In this fast-paced world it's essential to continually reassess and adapt to meet the evolving needs of your clients and customers. But navigating these challenges alone can be daunting.



That's where myself and my seasoned team of professional coaches step in. With years of experience and qualifications under our belts, we're here to help you conquer the complexities of managing people and leading yourself and others.

Tailored Solutions for Your Success

Our executive coaching services understand that one size doesn't fit all. That's why we offer personalised coaching programmes designed specifically to address your unique goals and challenges. Whether you're aiming for career advancement, improved leadership skills, or enhanced team performance, we've got you covered.

Blend Learning with Action

Our approach combines personalised coaching sessions with optional interactive online modules, giving you the perfect balance of theory and practice. The one-on-one time that coaching offers allows you to apply your newfound knowledge directly to your day-to-day responsibilities, ensuring real-world results.

Empower Your Teams for Success

Your success doesn't exist in isolation—it's a collaborative effort. Our coaching doesn't just focus on individual growth; we can also work closely with your teams to ensure everyone is aligned and working towards common objectives.

Ready to rise to the challenge and unlock your full potential? Contact us today to learn more about how Reg and his team can give you the learning and performance edge you need to succeed.

Managing with Impact Blended Program

Our innovative 'Managing with Impact' Program provides everything you need to be a confident people manager who can run your department/ section / team in an effective and efficient way.



By the end of the program you will have a wide range of management tools and methods at your fingertips to handle daily team and management challenges.

The 7 online modules are hosted on our interactive learning portal. Each module covers a different and essential skill required of people performance managers.

Through a blended mix of video, workbooks and embedded short action-based assignments, you will learn how to plan, communicate, support, challenge and motivate your team towards consistent high performance.

Unique benefits of the Managing with Impact Program include:

- Each module is approximately 1 in duration and is supported with 30+ toolkits/ questionnaires/ cheat sheets
- Interactive content that's **engaging and fun**
- An option of **live coaching** to accelerate your confidence and capabilities
- The Managing with Impact learning **community** for sharing and collaborating
- Access to **bonus** course content not available outside of this Program
- CPD (Continuous Professional Development) **accreditation** when you complete the program. This is a valuable way of advancing your career, evidence your journey of continuous improvement, makes you more attractive to current and prospective



The modules of the Managing with Impact Program

Why Preferred Future Skills Academy?

Meeting your people management challenges and personal development goals are the key elements of my work.



I have honed my skills development and coaching programs through 25 years of experience.

Myself and my team ensure that our learning programs enable managers and leaders like you, from junior to senior, by providing a roadmap of knowledge and skills to manage and lead your teams effectively.

Along the way, your learning on our programs equips you with the skills and confidence to be a high-performing people manager & leader without the stress that can often come with that role.

My approach is open, engaging and supportive. As a qualified trainer and coach, I bring a wide range of tools and methods that will help you achieve your potential and accelerate your performance and success.

I set up Preferred Future Skills Academy in 2013 in Kilkenny, Ireland. This was after spending many years in the world of management, learning and corporate training across public, private, and government sectors.

Clients include Irish and global blue-chips across varied sectors, public and government bodies, NGO's and not for profits.

Myself and my team look forward to working with you one one of our coaching, skills development or online programs.

Reg Friddle

Head of Executive Coaching and Management Skills Development



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