



Tregaskis Brown Ltd

“Coaching gives people the boost they need to get from where they are to where they want to be.” Kenneth Blanchard.

At Tregaskis Brown Ltd we know how organisations work because we’ve been there - and have the track record to prove it. Our team has extensive experience in operational management, project management, training and development. Coaching offers another great opportunity for the Tregaskis Brown team to help our clients turn their aspirations into reality.

What we offer

We believe the client owns the solution to the challenges they bring to coaching. Coaching works because it is personal, often intensive, and builds upon and refines an individual's existing skills and talents.

Our coaches work one on one with the managers, team leaders and project managers in your organisation to help them clarify their goals, assess the obstacles and map their path to success.

Our coaches can meet a wide range of developmental requirements. The level of management or subject matter expertise we contribute is up to you – but you can be sure we will challenge your thinking and accepted ways of working!

Why coaching?

You may choose executive coaching for people in your team:

- To develop recognised leadership and management potential
- To support someone new to a management role
- To help overcome performance gaps
- To build specific skills to meet a new challenge

“The positive changes I have seen in my managers after half a dozen sessions of coaching with you are 10-fold on what I can hope to get from a leadership training course.”

Mark Mountcastle, Speirs Finance

Our team

Tregaskis Brown has a team of experienced coaches. Karen Waitt has 10 years as an operational manager and four years as a professional coach working with team leaders and senior managers.

Tracy Brown and Karen Tregaskis bring extensive project and change management experience to their coaching clients, combining hands-on operational management with strategic business savvy.

Getting started

We draw up individual coaching plans with each new client so that everyone is clear about what is expected from the coach, the client and where relevant, their immediate manager.

We recommend a Myers Briggs Type Indicator® (MBTI®) personality assessment as a great starting point for the coaching process.

To find out more call us on 04 475 9344 or email info@tregaskisbrown.com