

Workplace Strategy Coaching

Our [Workplace Strategy Coaching](#) is a bespoke one-to-one service designed to equip you with strategies that enable you to overcome barriers in the workplace, develop skills and achieve your full potential.

We can support you to develop areas including time management; communications & presentations; self-advocacy; proofreading; stress management and more...

We support a range of neurodiverse and disabled profiles including:



- Dyslexia
- Dyspraxia
- ADHD
- Sensory impairment
- Physical impairment
- Long-term health conditions
- Stress
- Autism
- Mental health difficulties

Benefits of strategy coaching:



- Reduce stress
- Develop personal resilience
- Build confidence
- Increase independence
- Increase self-awareness
- Boost productivity
- Improve communication
- Enhance working relationships



Co-coaching

We also offer [co-coaching](#) sessions for you and your manager. These provide an opportunity for you both to discuss areas of strength and challenge together, improving understanding, collaboration and communication.

Why choose us?

We tailor our coaching sessions to you and your thinking style which results in a unique and personalised approach. By understanding your strengths and challenges, our coaches will provide the tools you need to overcome barriers and achieve your potential.

Our team of coaches have extensive experience in coaching people in a variety of working environments and job roles.

Let's talk  hello@neurobox.co.uk

neurobox
formerly Dyslexia Box