

People Solutions with a Difference

Developing Colleagues, Transforming Teams.

“Change is inevitable but personal growth is choice.”

– Bob Proctor

It's needless to say that investing in people is not just beneficial for the individual, but also a strategic advantage for the organisation. Research shows that when employees receive targeted training, both productivity and profitability improve.

Additionally, developing employees also improves job satisfaction, which in turn improves staff retention and mitigates risks of talent shortages. Investing in people is no longer a 'nice to have' but a necessity.

Over the last 20 years, I have helped thousands of colleagues, managers and leaders around the world through talent development programmes, workshops, and 121 coaching.

Examples of this include:

- Presentation skills training
- Emotional intelligence
- Personal brand
- Wellbeing after loss
- Annual team strategy & planning days
- Difficult conversations
- Coaching Skills for Managers
- Giving and receiving feedback
- Advanced communication
- Team building and bonding

Through 121 coaching I've focus on;

- Wellbeing
- Work life balance
- Career transition
- Confidence & feeling like an imposter
- Promotion opportunities

I've also developed talent programmes which have included gathering 360 from other colleagues / managers and feeding this back, to promote self awareness; exploring strengths and opportunities.

Using the DiSC profiling tool & strengthscope psychometric team, 360, leader and engagement tools, as a master practitioner I have helped individuals and teams work more effectively together.

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In organisations identified as “Best Workplaces for Development,” 85% of employees say they want to stay for a long time – compared with a UK average of 61%.

Source: greatplacetowork.co.uk

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Investing in employee training and development is more than a workplace benefit; it's a strategic decision that shapes your organisation's future.

Source: Harvard Business School Online

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Everything I do is evidence based; helping businesses have an even bigger impact, generate a higher return on investment and retain great people!



L&D support with the Coaching Corner.



Through the Coaching Corner, I offer learning and development support to organisations, covering 5 core areas;

1. Recruitment, Selection & Assessment
2. Training, Learning & Development
3. Performance & Motivation
4. Wellbeing, Stress & Employee Support
5. Organisational Change & Development.

1. Recruitment, Selection & Assessment

Focus: Ensuring the right people are selected for the right roles in a fair, inclusive & transparent way using evidence-based assessment methods.

- Designing robust & reliable interview methods, tools & assessment centre activities.
- Advising & training on selection processes & recruiting practices to reduce bias & improve predictive validity of future performance.
- Supporting succession & talent planning strategies by identifying, assessing & developing high-potential employees.

2. Training, Learning & Development

Focus: Enhancing skills, knowledge, & performance.

- Conducting training needs analyses to identify gaps & opportunities - future proofing the knowledge, skills & abilities in your business.
- Designing & evaluating effective learning interventions (e.g. leadership programs, coaching, resilience training).
- Measuring training impact on performance, motivation & engagement.
- Helping you create & deliver talent development strategies aligned with business goals.

3. Performance & Motivation

Focus: Optimising employee engagement, productivity & satisfaction.

- Implementing performance management systems & career pathways that are fair, motivating, & evidence-based.
- Advising on feedback strategies that increase motivation, engagement & performance.
- Coaching managers & leaders on how to have effective performance conversations & sustain high-performing teams.

4. Wellbeing, Stress & Employee Support

Focus: Promoting mental health, resilience & a safe working environment.

- Conducting risk assessments for stress & psychosocial hazards inline with the Health & Safety Executive requirements.
- Designing wellbeing initiatives, interventions & policies to prevent burnout and create a culture of wellbeing.
- Providing workshops on coping strategies, resilience, & emotional intelligence.

5. Organisational Change & Development

Focus: Helping businesses adapt, innovate, & operate efficiently.

- Advising on change management strategies to ensure smooth transitions.
- Assessing organisational culture, ways of working & operating models to identify areas for development.
- Partnering with you to align your people strategy with business objectives.
- Facilitating team interventions to improve collaboration, communication, & overall effectiveness.

Proven, practical & effective training that lasts.

Consistent feedback given has highlighted that the training I deliver stands out to recipients because topics are brought to life in a relatable way.

People can grasp a firm understanding of the topics, as well as being given practical tools that translate from the training room into the office.

I believe that my lived experience and background in psychology, neuroscience, and trauma-informed training enable people to share their experiences in a safe environment, as well as the ability to drive change at a deeper and longer-lasting level.

My methods include:

- listening to what is not being said in the room,
- challenging the status quo and offering different perspectives,
- helping people identify and leverage their uniqueness,
- creating a safe space where people can share what's on their minds,
- ensuring accountability and driving results to measure success.

What people say about me...



I completed my Executive Coaching qualification with NLP diploma with Sarah and cannot recommend her highly enough! I was slightly apprehensive going into the course about putting some of the theory into live practice with other participants, but she created such a safe environment to be able to learn, develop and grow which really helped me flourish from start to finish.

- Amy Batchelor, Head of HR



Sarah has fantastic attention to detail, a positive can do attitude and a general interest in helping people to improve and achieve their goals.

- Naomi Kennedy, HR Business Partner

Companies I have worked with...



WARNER BROS.
DISCOVERY

SAMSUNG

Strengthscope®

L'ORÉAL

M&S

EST. 1884



BAFTA

TESCO

University of
Hertfordshire UH

DATA

Tailored programmes, in-person and online.

With extensive experience in leadership training, coaching, psychology, mental health and group facilitation, the key areas I can help you with are:

- Leadership & manager capability gaps
- Employee disengagement
- Wellbeing & mental health
- Culture & inclusivity
- Scaling Learning & Development (L&D)
- Bridging survey insights to action

To give you an idea of what this could look like, here are some examples of programmes I have previously designed and delivered...

Wellbeing Support Package

What? Short courses or ongoing support in stress resilience training, mental health tools and techniques, wellbeing coaching, managing stress in the workplace, working collaboratively in high pressure environments.

Why? Supports employee wellness, reduces burnout/turnover, improves wellbeing, fair deal and company factors in engagement surveys.

Team Dynamics & Inclusion Workshops

What? Effective team working and collaboration, managing and leading through change, managing generational differences in the workplace, unconscious bias training in recruitment, building an inclusive and psychologically safe team, creating a culture of trust.

Why? Keeps culture cohesive even as business scales; helps prevent silos, fosters belonging, improves team, culture and my company scores.

Strengths Profiling & Personal Growth

What? Strengths-based assessment (psychological, personality, motivational profiling), personal growth mapping and career development path mapping.

Why? Improves employee engagement and motivation, gives sense of development and investment from your organisation - boosts personal growth as well as retention and loyalty.



Leadership & Talent Development Programmes (6–12 months cohort)

Who? For senior managers, team leads, rising leaders.

What: Emotional intelligence, conflict management, coaching conversations, advanced communication (the psychology of advanced communication), generational & diversity awareness, remote/hybrid leadership skills, coaching skills to improve performance and get results.

Why? Strengthens leadership quality, improves team cohesion, drives engagement, improves manager/leadership/team/culture aspects of engagement.

Internal Coach/ Mentor Certification Track (white-label/in-house/open courses)

What? An ICF Accredited or Association for Coaching Accredited coaching certification for your employees. Building internal coaching capacity rather than relying on external coaches and resources. This can include ongoing professional supervision and continuous professional development on a retainer basis.

Why? Embed a culture of continuous development, creates sustainable growth pathways, supports retention and gives employees a sense of growth.

A personalised process for your business needs.

Keeping the process simple is key, my process follows 3 simple steps:

Initial Contact & Understanding Your Needs



During the initial conversations we will work together to develop an understanding of where you are now and where you would like to get to. Before we get started we will agree on the project's objectives, scope and your expectations. This ensures clarity before the project begins.

Following the initial contact, I will gather and analyse data to understand the root causes of your problem or opportunity. This phase is often collaborative and involves interviews, data collection, and analysis - identifying what the key challenges are and exploring potential solutions together.

Solution Formulation & Implementation



Dependent on your needs, I will design and deliver the agreed solution or support your teams to do the delivery; whichever suits you best. The agreed method of evaluation e.g. QR code survey, feedback in the room, accountability tasks will be incorporated into the delivery stage and a handover/debrief arranged to keep you in the loop, should this be required.

Evaluation and Transition



Together we will review the implemented solutions to assess their effectiveness and ensure they are delivering the desired results. When the project closes I will focus on ensuring the sustainability of the solutions, handing over full responsibility to you, this may include a final report or follow-up checks.

Partnering with you to make an impact.

Why partner with me? Through the Coaching Corner I bring a unique combination of Occupational Psychology, accredited coaching expertise (ICF and NLP), and real-world organisational experience, helping organisations build resilient leaders, emotionally intelligent managers and high-trust, high-performing teams.

Whilst some of the training can be “off the shelf” and based on what we have found works for other organisations, we will work with you to tailor aspects of this or create a new bespoke solution that works for you and your teams. We diagnose what’s really happening beneath the surface – engagement blockers, cultural friction points, leadership capability gaps – and design interventions that actually shift behaviour. From confidence, conflict and communication, to psychological safety, wellbeing and coaching cultures, I develop programmes that create visible, measurable improvements in how people lead, collaborate and perform.

Organisations partner with the Coaching Corner because we help them solve the problems that directly impact their results: leadership credibility, people experience, personal growth, wellbeing, and team engagement. Each programme strengthens the internal culture while supporting strategic goals, whether that’s talent retention, improved leadership capability or developing a consistent management standard across the organisation.

The result is not just better leaders and managers, it’s a more engaged workforce, a healthier culture and an organisation that becomes known as an exceptional place to work—because it genuinely is one!

If you’re ready to take your learning experiences to a new level, get in touch today.



Registered with:



What our clients say...

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We worked with Sarah on a project designed to deliver improved health and wellbeing outcomes. Sarah stepped in to support the business on this key project, and we were incredibly impressed with Sarah's dedication to the objective and really appreciated Sarah bringing her expertise and perspective to the table. I look forward to working with Sarah again!

Jonny Jacobs - CFO/FD

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Sarah recently delivered a Management Skills Workshop for us and we cannot recommend her highly enough. Her attention to detail is second to none and the workshop she provided was excellent. Sarah is a very natural trainer and we will definitely be using her again. I would highly recommend Sarah.

Sarah Mitchell - Head of People and Culture

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Collaborating with Sarah was a refreshing, exciting and pleasurable experience. I oversaw three projects lead by Sarah including Organisational Design, Inclusive recruitment and selection processes and Employee engagement for remote workers policy and procedures. Sarah worked directly with our Operations Research Analyst and for each project provided professional, clear and timely feedback. I look forward to continuing our professional relationship and working collaboratively again in the future.

Sabrina Ellis - Founder of NICS Wellbeing C.I.C

**Book your discovery call today, scan the QR code
or head our website thecoachingcorneracademy.com**

