

Wendy Dashwood-Quick
Executive & Career Coach



Wendy background spans 30 years as a PA in the public and private sectors before she transitioned into coaching. Wendy is qualified in a range of techniques and approaches and offers personally tailored coaching programmes.

Her programme help professionals take control of their time, become more effective and efficient, reduce stress and find a meaningful and satisfying career.

Wendy is highly intuitive and perceptive and applies her extensive experience to work with professionals at all levels through the art and science of Executive Coaching.

She has a huge grasp of the problems, pains and challenges of the small business owner and also individuals searching for greater and deeper career fulfilment.

**Call today for a FREE Coaching
Discovery Session**

(44) 01376 334692
wendy@resolutioncoaching.co.uk

www.resolutioncoaching.co.uk

6 Month Coaching Programme Delivers:

**Initial Coaching Discovery to
establish areas for growth**

**DISC Behaviour Assessment
to identify core personality
traits and possible blind
spots, leadership and
communication style**

**Twice One2One Coaching
meeting to establish key
objectives**

**Opportunity to evaluate and
explore your individual
potential**

**Action Planning &
Periodic Review**

"For anyone considering a career change or who is currently running their own business, working with Resolution Coaching, I have found, increases both confidence and knowledge to better deal with the continuous personal challenges faced by everyone in business"

Tony Hales
Stadia Trustees

Executive Coaching Programmes



**Discover Who You
Are, What You
Want and Where
You're Going**



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What Challenges Do You Face?

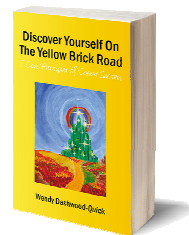
- Have you moved from a specialist technical role into **management** and would like the transition to be much more satisfying for you?
- Are you struggling with your time management and want better **work life balance**?
- Would you like to be **tougher** and able to bounce back confidently after disappointment?
- What would it mean to vastly improve the most important **relationships** in your life & career?
- Would you like to clarify exactly where your career or business is going?
- Would you like transform your **leadership**?
- If you could be a superb **networker** – what would that do for your business?
- Is your **energy** being wasted instead of being focussed like a laser beam?

Executive Coaching
NLP
Brainstorming
DISC Behaviour
Assessments

**CALL TODAY FOR
FURTHER
INFORMATION**

t: (44) 01376 334692
e: wendy@resolutioncoaching.co.uk

**Author of "Discover Yourself On
the Yellow Brick Road – 7 Core
Principles of Success"**



**Tailored Coaching
Programme for
High Value
Executives &
Entrepreneurs**

"Since meeting and getting to know Wendy, I have since used Wendy's coaching skills on a ongoing basis. She is friendly and easy to talk to but is also able to **offer you strong advice and direction when needed**. Wendy has certainly helped me move my businesses forward!"

**- Hayden Ferriby, Entrepreneur
and Founder of Stormwave,
Creative Agency**