

Wendy Dashwood-Quick
Personal Develop Coach

Suzanne Bolwell-Davies
HR Professional



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



Suzanne is a Co-founder of Flexible HR Limited and has more than 20 years experience working in human resources and development, she is also and a Chartered Fellow of the Chartered Institute of Personnel and Development (FCIPD). Suzanne has experience and a successful track record in all areas of human resources and development, from recruitment and selection to disputes resolution and TUPE, and a special interest in managing change, restructuring, organisation design and outplacement.

Get over the fear anger and anxiety associated with Redundancy

Evaluate your skills and identify hidden talents which could lead you in an entirely new direction

Be given all the support and resources to develop a first class CV, and shine in an interview

Develop a strategy so you can make a start on carving out a new future for yourself as quickly as possible

Access to other agencies, learning centres, and networks of professionals with support to successfully plan for the future

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

Career Development Boot Camp



2 Career Development Event Designed to Help Professionals Re-Design Their Career Following Redundancy

Who Needs to Attend?

- Anyone facing redundancy
- If you've lost your job and have been in the same role for a number of years
- Would like to investigate other options but are not quite sure what route to choose
- Professionals who did not receive any kind of post redundancy support from their employers
- Individuals who would like a tailored approach so that they can make the right choices
- Individuals who would like to rebuild their self-esteem and build their motivation and take advantage of a huge range of training opportunities
- Anyone who is toying with the idea of starting a business, but are not sure if they've got what it takes to succeed

Resolution Coaching Flexible HR Ltd

Call Today For More Information About Our Next Boot Camp

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

e: wendy@resolutioncoaching.co.uk

e: Suzanne@flexiblehrltd.co.uk

www.resolutioncoaching.co.uk
www.flexiblehrltd.co.uk

WHAT'S IN IT FOR YOU?

Your Investment Includes ...

- **2 Day Workshop**
- **Refreshments & Lunch**
- **Comprehensive Workbook**
- **Detailed Resource Pack**
- **1 Hour Individual Coaching Session**
- **1 Hour Career Clinic**
- **Access to a network of other individuals**