

CASE STUDY

Let us understand how The Activation Project provides comprehensive support to individuals, by coaching them to navigate their personal challenges.

CHALLENGES

- To help identify and discover my leadership style.
- How best to manage, support and motivate a team, despite their difference in experience, needs and work preferences?
- To create and structure a team dynamic that worked for everyone, ensuring we met the objectives defined during team coaching; while keeping in mind the team's emotional needs and their well-being.

BENEFITS

1. **Empowerment:** It was empowering to work with Mandy. Her guidance was instrumental in facilitating problem-solving, fostering an environment where I could come up with solutions, without imposing any style or answers.
2. **Confidence:** Mandy's mentorship not only empowered me, but also significantly bolstered my confidence. She guided me in a way that not only reaffirmed my thoughts but also instilled in me the assurance, that I could independently navigate and conquer challenges.
3. **Structure and Tactics:** The sessions helped me formulate effective tactics and introduce a structured approach, that I now have incorporated into my routine. Mandy's insights not only brought about positive changes but also laid the foundation for sustained success.
4. **Reaffirming my leadership style:** I underwent a transformative journey that reaffirmed and refined my leadership style. It helped me introspect, enabling me to identify and amplify my unique strengths as a leader. This process not only enhanced my effectiveness but also provided clarity on the values that define my leadership approach.



AT A GLANCE

CHALLENGES

- Structure Team dynamics
- Identifying my leadership style

BENEFITS

- Confidence
- Self-Reflection
- Re-affirmed my leadership style



MATT RHODES

SENIOR POLICY MANAGER, AOC SPORT

"The coaching sessions helped me reaffirm my leadership style, giving me confidence in what I was doing."