



Jamie Hayes.

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## High Performance Communication & Coaching

### DEVELOPING PEOPLE AND TEAMS

Jamie is an executive coach and speaker with a twenty-five-year career in healthcare, medical education and behavioural change. He has delivered hundreds of workshops, seminars, speeches and keynotes.

A clinical pharmacist by background, Jamie is recognised as a forward thinking, innovative leader, with a flair for communication and the ability to inspire and motivate individuals and audiences.

### Speaking, Workshops and Conferences

Jamie combines his clinical, lean and behavioural change expertise to deliver workshops that are built on memorable ideas that engage, inspire and motivate individuals, teams and organisations.

#### They include:

High performing teams | Coaching for performance | Being human at work | Communicating for success | Behavioural economics | The All Blacks, lessons in leadership excellence | Coaching chemist – A prescription for confidence and personal improvement | Human factors and team performance | Employee engagement, teams and behavioural change

### Executive Coaching

Jamie is an energetic coach with a passion for helping people make smarter choices as they develop self-awareness and individual responsibility.

Through hundreds of hours of facilitative, supportive and challenging coaching, Jamie has helped his clients build awareness of their behavioural influence, enabling them to become self-directed decision makers and problem solvers.

Jamie's growing coaching practice, offering one-to-one and team coaching, has clients in the public and private sectors. In healthcare, clients include executive directors, medical consultants, medical advisors, senior healthcare professionals and leaders. In the private sector, clients include lawyers, retail leaders, managing directors, chief operating officers and business executives.



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# Coaching chemist – A Prescription for Confidence & Personal Improvement

EXPLORING THE HUMAN SIDE OF PROFESSIONAL LIFE. DRUGS ARE NOT THE ANSWER

Developed from hundreds of hours of one-to-one executive coaching, this workshop explores the social skills and the psychodynamics of organisational life, that are critical for ambitious professionals to master.

## What Will You Learn?

- An understanding of human performance and why we behave the way we do.
- Practical advice for managing difficult people and situations.
- The resilience prescription
- The road to self coaching
- Connected leadership
- Finding the toxic handler
- Happiness traps and how to avoid them

## Workshop Overview

A highly engaging, interactive workshop using a blend of experience, discussion and case studies. Using the latest evidence around shared decision-making and motivational interviewing, attendees will leave the workshop with their own resilience prescription.





## Who Is the Workshop For?

Leaders, managers and teams that want to learn more about the impact that self-coaching can have on resilience, confidence, wellbeing and performance.

## Why Invest In?

Help your employees thrive at work and perform to their potential. Help improve their confidence, resilience and wellbeing. This one-day course will give you the insights and tools to deliver.

“Thanks for doing such a great job with chairing our event – your Welsh sense of humour went down very well! Would you chair next year please?”

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Jamie Hayes 

## What My Clients Say

DON'T TAKE MY WORD FOR IT. HERE YOU'LL FIND SOME TYPICAL FEEDBACK I RECEIVE ON A REGULAR BASIS

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"Delegates have said how inspirational your talk was. You were again an overwhelming success"

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"The feedback from your session has been excellent"

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"Thanks for sharing your expertise and experience. We are enormously pleased with the session. All thought it was fun, enlightening and timely. Really hit the right level"

"It was fantastic to work with someone so passionate about what they do and even better when they utilise this to inspire others"

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"Thank you for such a powerful and motivating evening"

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"Everyone was spellbound by your session. Your enthusiasm is infectious...you've inspired us all"

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## What My Clients Say

COACHING CLIENTS HAVE BEEN SUCCESSFUL WITH NEW JOBS, NEW CAREERS AND NEW PERSPECTIVES.

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“Success. Got the job. Thanks again for all your help - massively appreciated”

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“The sessions were perfect for me as an individual. They were relaxed and away from the office”

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“I found the sessions hugely beneficial. It felt as if the coaching had come at the perfect time in my career”

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“Since working with Jamie I have achieved a great deal. I have been successful at two interviews. One for a secondment and the other for the substantive role”

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“For me one of the key insights is about having the confidence to see the bigger picture and be open and honest about my future career”

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“This has changed me. I have developed a greater insight”

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“During the first few sessions I found it quite challenging to open up and discuss personal feelings. I really felt out of my comfort zone - this was a positive thing”

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