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# Supporting the challenges of remote working

## Resilience and coaching clinics

*Everyone is going to be under a huge amount of increased pressure in the coming months – keeping healthy, self-isolation, working remotely, family and childcare pressures all present challenges that most of us have never faced before. To help people meet these challenges, we've opened a number of online support services to provide timely help when it's most needed.*

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**The support is relevant to everyone, and we've identified three specific groups who might particularly benefit:**

### 1. Leaders

More than at any other time, leaders at all levels will be under increased pressure. How they cope and present themselves on a daily basis will be more important than ever.

### 2. Front-line workers

People who interact with customers, stakeholders, clients, suppliers and any other external agencies may be faced with incredibly difficult situations and decisions. They'll be managing uncertainty and pressure from outside their organisation as well as from within.

### 3. Support functions

Those who support the business in times of crisis; HR, Finance, Comms, Admin, Ops, IT etc. will themselves need support to help maintain resilience and performance.

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## How we can help:



### Resilience clinics

Short (60 minutes) focused sessions, based on our highly successful *"Being Our Best"* resilience programme:

- Run virtually so participants can join from any location (home or office, including international).
- Group sizes up to 10 to enable personal interaction and attention.
- A variety of topics to help build and maintain daily resilience.
- Can be run up to four times per day and scheduled to suit international time-zones.



### Coaching clinics

Short individual coaching sessions to help people deal with personal and work-related challenges:

- Hosted by one of our experienced coaches.
- Agile coaching – coach works *in the moment* so no need for any pre-appointment engagement.
- Run virtually so coachees can join from any location (home or office, including international).
- 30 or 60 minute appointments available depending on issue.
- Bookable in advance.
- Single session with option for follow-up.
- Person centred.
- Timed to suit UK and international time zones.

**For more information,  
send an email to  
[info@designed4success.co.uk](mailto:info@designed4success.co.uk) or  
call us on +44 (131) 357 0369**