



expressing inner potential

Introducing Telana Simpson – Personal Coach

Telana helps bright, talented people have no regrets in life by being able to have the conversations that count.

Speciality Areas

Communication and Building Relationships

- Positive Confrontation and Conflict Management skills
- Overcoming Self-Consciousness
- Fear of Failure
- Self Esteem and Confidence
- Emotional Intelligence
- Authentic Self Expression



Effective Communication for Leaders

Telana works with:

- Executives who need to inspire staff but find it difficult to connect with people, especially in groups.
- Executives who come across as intimidating to others, yet describe themselves as friendly and open and welcoming.
- Executives who hold themselves back for fear of failure, and what is often termed the “Imposter Syndrome”.
- Managers who battle to give criticism in performance appraisals so staff don’t grow and develop.
- Managers who are too concerned with being liked or right and so don’t hold staff accountable and are not open to the ideas of others.

How she works with Leaders:

- *Leadership Coaching* – focusing on emotional intelligence, developing an authentic leadership style, communication skills [>>more](#).
- *Live Communication Coaching* – shadowing the Leader for on the job, immediate and deep feedback that transforms powerfully [>>more](#).
- *How to give Feedback: From Criticism to Effective Feedback* - How managers can grow their staff through performance appraisals [>>more](#)
- *Talks & Presentations* [>>more](#)

Effective Communication for Personnel

Telana works with:

- Emotional PA's, who are good at their jobs yet tend to tears when the pressure is turned up.
- Self conscious team members who don't contribute in meetings, or tend to blush uncontrollably, which holds them back from performing at their best.
- High performing staff who take on too much work, battle to meet deadlines, are on the brink of burnout as they strive for perfection, not performance.
- Staff who go into a flat spin when those in positions of authority speak to them, or stress is high, or there is conflict.
- Staff who take things too personally and so managers don't know how to give them instructions or get the best out of them.

How she works with Personnel:

- *Coaching for Excellence* – personal development programme tailored to the individual needs [>>more](#)
- *Communication Excellence* - Improving your Communication skills – for better relationships at home and work [>>more](#)
- *Vibrant Life* – Build your confidence and esteem, Training for self conscious professional women [>>more](#)
- *Positive Confrontation* - The skills to handle Conflict and Confrontation to improve Relationships [>>more](#)

Case Studies and Statements:

- [Coaching Case Study of a Sales Director](#)
- [Case Study of Sales Manager](#)
- [Case Study of Coaching Programme – From Corporate Employee to Business Owner](#)
- [Case Study- Entrepreneur overcoming fear of Public Speaking](#)

- [Case Statement- Executive Live Communication Coaching – PDF](#)
- [Case Statement- Self Conscious Professionals Coaching – PDF](#)
- [Case Statement- Emotional PA Coaching – PDF](#)

- [Open Letter to my Future Clients from Telana Simpson – PDF](#)

More about Telana

- [Profile](#)
- [Linked-In](#)
- [Testimonials](#)

Contact:

083 730 2979
telana@innercoaching.co.za

Next Step:

INDIVIDUALS: Book a 1.5 hr **Readiness Session** to explore which option would meet your needs. [>> more info about a Readiness Session](#) [>> more info about how to get started](#)

ORGANISATIONS: Book a **Presentation & Needs Analysis** to explore how Telana can improve your staff productivity and communication.