



# INNER COACHING

## Introducing Telana Simpson – Courage Coach



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

She is a dynamic transformational qualified Coach who works with people who want to make changes in their life, and who want to improve their communication skills and ability to express themselves verbally, creatively, emotionally and physically.

**Speciality Areas:** Communication and Building Relationships, including:

- Being brave and courageous
- 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](#) about the [be true] programme
- *Live Communication Coaching* – shadowing the Leader on the job, for 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 in these personal development programmes:

- *[be brave]* –tailored to the individual needs [>>more](#)
- *[be real]* –focusing on improving your communication skills for better relationships at home and work [>>more](#)
- *[be true]* – focusing on communication, relationships, purpose and meaning, and leading [>>more](#)
- *[be you]* – have no regrets in life by having courageous conversations; being clear on what you want; on living a life full of meaning and purpose. [>>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:

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### 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.