

Mentoring and Coaching Services

Find the right balance and help your team to meet your business goals with coaching and mentoring

SAC Consulting offers both coaching and mentoring for businesses working in a range of sectors, and industries. Both coaching and mentoring contribute to personal and professional development, but each serve very different purposes.



Coaching: Primarily focuses on personal development, performance improvement, and achieving specific goals. It is forward-looking and action oriented. The process is structured and provides tools, and feedback as outcomes. Coaching can be delivered to any person, or group of people, regardless of their field or industry.

Mentoring: Aims to guide professional growth by sharing experiences, insights, and advice. It is often informal and flexible. Mentors and mentees tend to come from the same field or industry.

Our coaching offer has helped entrepreneurs and SMEs to build their businesses and create brand new ones. We have helped food and drink producers list their items with major retailers, we have supported individuals, giving them the self-confidence and resilience to rise through the ranks with their employer. We support families and business partners to deal with tricky subjects like succession, succession planning, expansion planning and business sale.

Our coaching offer falls into the following eight disciplines;

Type	Definition
Executive Coaching	Executive coaching is a personalised development process for those in senior positions, aimed at enhancing leadership skills and achieving strategic goals.
Leadership Coaching	Leadership coaching develops EQ (emotional intelligence) , interpersonal skills, communication techniques, motivational techniques and managing difficulties. It empowers individuals to succeed in any environment.
C-Suite Coaching	C-Suite coaching develops much needed skills and confidence in executive decision making, empathetic leadership, stakeholder engagement, influence, ethics, transparency and accountability.
Confidence Coaching	Confidence coaching is a personalised one-to-one form of coaching, that empowers the individual to build self-belief, self-assurance, overcome their doubts, and communicate their needs, beliefs and value well. Confidence coaching can also be used to help professionals to pitch and sell their products or services effectively.
Mediation Coaching	Mediation coaching is a hybrid between the practice of mediation and conflict coaching. This type of coaching can be conducted one-to-one or with partnerships, small groups or families. It seeks to ensure that each individual involved is able to voice their needs and avoid un-needed conflict. It builds resolution and agreement.
Life Coaching	Life Coaching is the process of helping someone find the path between where they are now and where they want to be. It involves setting and achieving goals in various areas of life, including business, health and well-being, career, relationships, and work-life balance. Life coaching provides guidance to inspire positive changes, such as overcoming bad habits, managing stress, and developing creativity.
Integrated Coaching	Integrated coaching takes elements from all of the disciplines above, and builds a bespoke coaching experience completely tailored to the individual and their needs at that moment.
NLP Coaching	NLP stands for Neuro-Linguistic Programming. It's a powerful methodology that focuses on understanding the interaction between the mind (neuro), language (linguistic), and patterns of behaviour (programming). NLP helps people communicate more effectively, learn faster, and develop personally to enhance their quality of life and improve their professional success.

Our mentoring offer includes experts from the food and drink sector, retail, tourism, rural land use, production environments, and consultancies, to overcome specific industry hurdles, and to grow our client's professional reputation and reach. If you are looking to develop in one of these fields or have a specific issue that you want to explore with an experienced person, then mentoring may be right for you.

In both cases we help people to find balance in their life, using a holistic approach to ensure their personal needs and dreams are still achieved whilst delivering excellence professionally.

Get in touch with the team today if your team could benefit from some extra support to meet their goals. Contact businessgrowth@sac.co.uk.