

SHINING *Star*

The Company

Luminate works with individuals and organisations to help them develop their talent through personal development. Luminate creates a unique alliance with its clients, where coaching inspires excellence, fulfils potential and creates outstanding performance.

The Services

Leadership Edge; Emotional Intelligence Coaching & Development

• Self Excellence

Defining personal mission, values, beliefs & goals

- Behavioural analysis & optimisation
- Peak performance strategies

• People Excellence

Building & managing high performing teams

- Increased political awareness & management
- Succession planning & promotion attainment
- Talent management
- Powerful communications

• Work Life-Balance

Virtual Working Coaching & Development

• Leading Virtual Teams

Skills & best practices for leading remotely

• Succeeding in a Virtual Team

Strategies & best practices for working remotely

• Succeeding in Life & Business

Creating a work-life balance approach to support personal and professional goals

The Process

Coaching is recognised as the most effective way to create sustainable change enabling people to perform way beyond their own expectations. A highly personalised development approach, this process brings about clarity, action, commitment, growth and change. Working at the heart of your business, coaching accelerates personal growth and enhances business performance.

To support and accelerate the benefits of coaching Luminate use:

- Personality profiling tool
- Peak performance assessment questionnaire
- Emotional Intelligence psychometric tool

Nicola Hughes – The Coach

As founder and Managing Director of Luminate, Nicola Hughes is a qualified and accredited Coach. Nicola works with business professionals on achieving outstanding success in their personal and professional lives.

With a background in corporate IT, Nicola's wealth of commercial experience incorporates managing Global sales teams within Fortune 500 companies. She had the privilege of working with clients such as General Motors, Xerox, BAE Systems, TNT and McLaren Racing. During this time she managed European and Global cross teams delivering revenue of over \$120m per annum.

Due to her corporate background Nicola is comfortable working with a wide range of clients; whether they be a CEO or an ambitious graduate. Her coaching style is warm, motivating, and enthusiastic but also results driven and challenging.

Testimonials – The Clients

“Without doubt the coaching to date has had a dramatic and positive effect upon my general outlook on life and business. Throw away any preconceptions you may have about coaching – Nicola delivers truly exceptional coaching and has made a lasting impression on me and my business.”

**Owen Wyn-Jones, Business Owner,
The Best Of**

“If you want to take massive steps forward in your business and personal life, talk to Nicola. You will be amazed by the results and also how much you can find out about yourself through coaching. I can't think of anyone better to talk to in order to reach your goals and learn about the inner you. Nicola is not only inspirational but has a personality that puts you at ease. Nicola's enthusiasm is infectious.”

Richard Fitzpatrick, Sales Director

“Nicola is highly intelligent, well read, naturally warm and fantastically encouraging. She has helped me to open my mind to different ways of thinking, working and operating. The results have been quite extraordinary; I have gained higher profile clients (nearly all by recommendation) and I've learned to value my skills more highly, and consequently put them to better use. I would recommend anyone to contact Nicola - even if you think you “know it all”! You can only gain.....”

Kate Copestake, Business Owner and Vice President of the Black Country Chamber of Commerce

“Nicola is outstanding as a coach and even more so as a person. She is the authentic leader in action; emotionally intelligent, receptive, empathic and grounded.”

Bhanu Dhir, CEO of Wilson Given

“Nicola is very personable, easy to talk to and you can trust her straight away. When I first met her I couldn't believe that we didn't work with someone so talented.”

**Jason Robinson, Director,
Birmingham Midshires**

“Whilst I was skeptical about taking time out of my day for what seemed to be another training course, I found the Work Life Balance Workshop to be a complete eye opener. I was able to focus my mind which sounds simple enough, but when you are running at 100mph you don't tend to analyse it in this way. In fact just by focus and adjustment I feel it has enabled me to be far more productive in the same areas. A great success and one I am now spreading to my customers!”

**Hannah Duffett, Account Manager,
TANDBERG**



www.luminata-coaching.co.uk