



coaching | culture | growth

Growth Coaching

supporting
executives,
leaders &
people at
all levels

Why coaching?

O'Gara-Co Growth Coaching is a powerful, focused and effective developmental partnership—designed for individuals, teams and company-wide culture growth.

Skilled and targeted conversations that challenge and support you, your career and your business, to thrive through personal and professional growth.

You may be focusing on reaching a goal, success on a team project or going through a time of transition.

Our Growth Coaching is designed to support you and your team to achieve specific outcomes via targeted and skilled conversations with a specialist coach.





Why Growth Coaching?

Growth Coaching works best when:

- it supports specific challenges in personal and professional growth—like taking on a new role, position or project
- it provides assistance for when you need tailored support—not generic advice or training
- it is driven by your specific needs—which are unique to you or your company—supporting specific outcomes
- it is used systemically, to support company-wide culture growth of individual's habits and team dynamics

Supporting you and your team to achieve success—now and going forward. Co-created through an equal partnership to build lasting growth.

“ 86% of companies could measure a return on investment from coaching ”

PWC & ICF Global Coaching Client Study

Benefits to you

- Preparation for role/career changes and promotion
- Methods of managing stress, change, conflict or crisis
- Enhancing personal impact and performance
- Identifying solutions to specific work-related issues
- Increased openness to personal learning & development

Benefits to your organisation

- Greater commitment and results from your team members
- Retaining talent by keeping team members engaged
- More creativity and innovation in planning and execution
- More effective relationships between people and departments
- Facilitating the adoption of a new culture in your business

O’Gara-Co Executive & Leadership Coaching

- One-to-one coaching
 - Fluent Leader™ coaching
 - Return-to-work coaching
 - Transition coaching
- Team coaching
 - Cocreating purpose & culture
 - Preparing for change & transformation
 - Conflict resolution & team cohesion

Coaching is also an integral part of our Culture Change and Transformation programmes—supporting people at all levels of the organisation.

To find out more, please contact Adrian O’Gara at adrian@ogaraco.com

Our Lead Coaches



Adrian O'Gara

Founder, Lead Coach & Consultant

With over 20 years in commercial leadership positions, Adrian has worked with over 100 companies from start-ups to global industry leaders. As the founder of O'Gara-Co, Adrian supports growth through executive coaching, leadership development and company-wide culture change. Offering award-winning knowledge to also mentor sales, marketing and operation leaders—creating people-centred and customer-centric cultures.



Peter Trix

Commercial Change Coach

With over 30 years of experience in commercial change, Peter's mission is to enable top-line growth and to maximise corporate value through a transformational approach, leveraging previous investments in people, processes, methodologies and systems. Peter's transformation programmes provide the foundation to transform commercial culture with leadership coaching to drive value for customers.



Esther Flatley

Organisational Change Coach

Esther is a coach and culture specialist. With almost 30 years of experience, she is the lead practitioner for team development. Esther specialises in organisational system and the impact it has on business performance and sustainability. Her unique approach focuses on building awareness, confidence and stronger, more effective working relationships – to create a culture of transparency, curiosity and mutual accountability.

Our clients

bazaarvoice

ca A Broadcom
technologies Company

● **Econsultancy**

 **euroclear**
Post-trade made easy

Gartner

 GE Healthcare

LeasePlan

NTT DATA

opentextTM

 **SITECORE**



THE ADECCO GROUP

ThoughtWorks

What Growth Coaching clients say?



Your coaching enabled us to take people beyond blaming or scapegoating—towards mutual understanding and finding safe and effective ways to communicate. This led to greater alignment and higher productivity.

Matt Stevens
Global VP
Gartner



I am still reflecting on your excellent coaching. A good, practical, deep yet gentle way to find out more about how one behaves.

Benjamin P. Taylor
CEO
RedQuadrant

Fluent Leader™ Testimonial



Claire Briscoe Sargeant • 1st

1w ...

Managing Director, Client Development at The...

One session in, I'm already feeling the benefit of taking the plunge.

Adrian is extremely relatable and asks the right questions to get you thinking more deeply and clearly.

If you're considering career coaching / mentoring or would like a sounding board, support and/or a way to set goals and take ownership of your next steps, I wouldn't hesitate.



Claire Briscoe Sargeant • 1st

1mo ...

Managing Director, Client Development at The Floop Limited

This was a very powerful tool for me; helping me to see how I can focus more on my effective behaviours.

By simply dialing up and down in a few areas my leadership style will definitely be improved.

Very insightful!



Adrian O'Gara Author

1mo ...

Be a more adaptive, resilient & Fluent Leader™ | Human-cen...

Thanks [Claire](#). The first step to change in ourselves is acknowledging and accepting we often have old/bad habits. Once we realise this and have the desire to change we can create new habits. Especially when you see how they are more effective. What do you think?



Adrian O'Gara Author

15h ...

Be a more adaptive, resilient & fluent lea...

Thanks [Claire](#), it is a real pleasure to work with people who have a true passion and want to achieve their hearts desire. Your determination to achieve your goals is admirable—especially during these unusual times. Thanks for your recommendation.



Claire Briscoe Sargeant • 1st

4h ...

Managing Director, Client Development...

[Adrian O'Gara](#) you're so very welcome. I think the best (and most cathartic!) three hours I've ever invested in myself so far.



Claire Briscoe Sargeant • 1st

1mo ...

Managing Director, Client Development at The Floop Limited

[Adrian O'Gara](#) - Oh absolutely!

For me less 'Lady Di', and a bit more firm and structured! I can already see this working for me, and it's actually such a natural-feeling change to just up-play a few of the more effective habits already within my gift but just less prevalent. I still feel true to myself, just more aware of why things sometimes didn't work out how I wanted because my response/approach was instinctive!

Rates based on access for all

We believe in support and access to coaching for all

Our rates are based on your seniority level/income

Choose a level that best reflects your current or future situation

Seniority Level	Annual Income	6x 90-mins Package
Employee	£20,000—£40,000	£450
Manager	£40,000—£80,000	£750
Director	£80,000—£120,000	£900
VP	£120,000—£160,000	£1200
Exec	£160,000—£250,000+	£1200—£2400

Coaching calls are based on a 90-minute session plus pre & post work by your coach to prepare a tailored experience based on your specific needs—starting with 6 sessions.



Adrian O'Gara, Founder, Coach & Consultant

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