



HAYES

Executive and Senior Management Coaching





I have had the chance to reflect on the leadership challenges I faced as I navigated through this rather turbulent period as business owner and CEO. I liked the way Jo helped push the boundaries in terms of my progressing the thoughts I had, that I had previously been procrastinating on. This has led, I believe, to having a more decisive approach. Through this process I have recognised that many business owners in a leadership role, lack the chance to self-reflect and that the questions posed by Jo were very helpful in enabling me to form some new strategies and actions on tough conversations . The overall outcome is a more honest appreciation of oneself and also how I communicate with others.

Phil - CEO



My Story

My name is Jo Hayes and I am the Founder and Company Director of Hayes HR Consultancy Limited. I have over 20 years HR experience working for large corporates, at leadership level.

I have been coaching/mentoring for the past 9 years in my role as Group Head of HR and I am delighted to have completed a Foundation Executive Coaching qualification with the Association for Coaching (AC). My passion is helping executives and senior management through professional and personal challenges to help them gain self-awareness, clarify goals, achieve their development objectives and unlock their potential.





How you can work with me?

I can offer bespoke tailored executive coaching packages.

Contact me today to find out more about the options available for you as an individual, or your organisation. Prices will depend upon the number of sessions required and the frequency.

Get in touch by e-mail - jo@hayeshr.com

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Or via LinkedIn - <https://www.linkedin.com/in/hayeshr/>