

Coaching and skills training services

Opening a world of possibilities —
find your creative breakthrough

CAPELLA 

Opening a world of possibilities

Capella's Breakthrough Journey sessions and programmes are designed to support both organisational and people development processes using 'deep state learning'.

Tell your story just the way you'd love it to be — then make it happen

‘Deep state’ coaching and group work

Good coaching and facilitation offers both a highly supportive relationship, insightful conversation and a structured space to reflect, grow and plan.

Capella’s Breakthrough Journey model takes these processes to a new level, using innovative ‘depth learning’ techniques to help you make tangible changes to your self-story, interactions and approach to life and work.

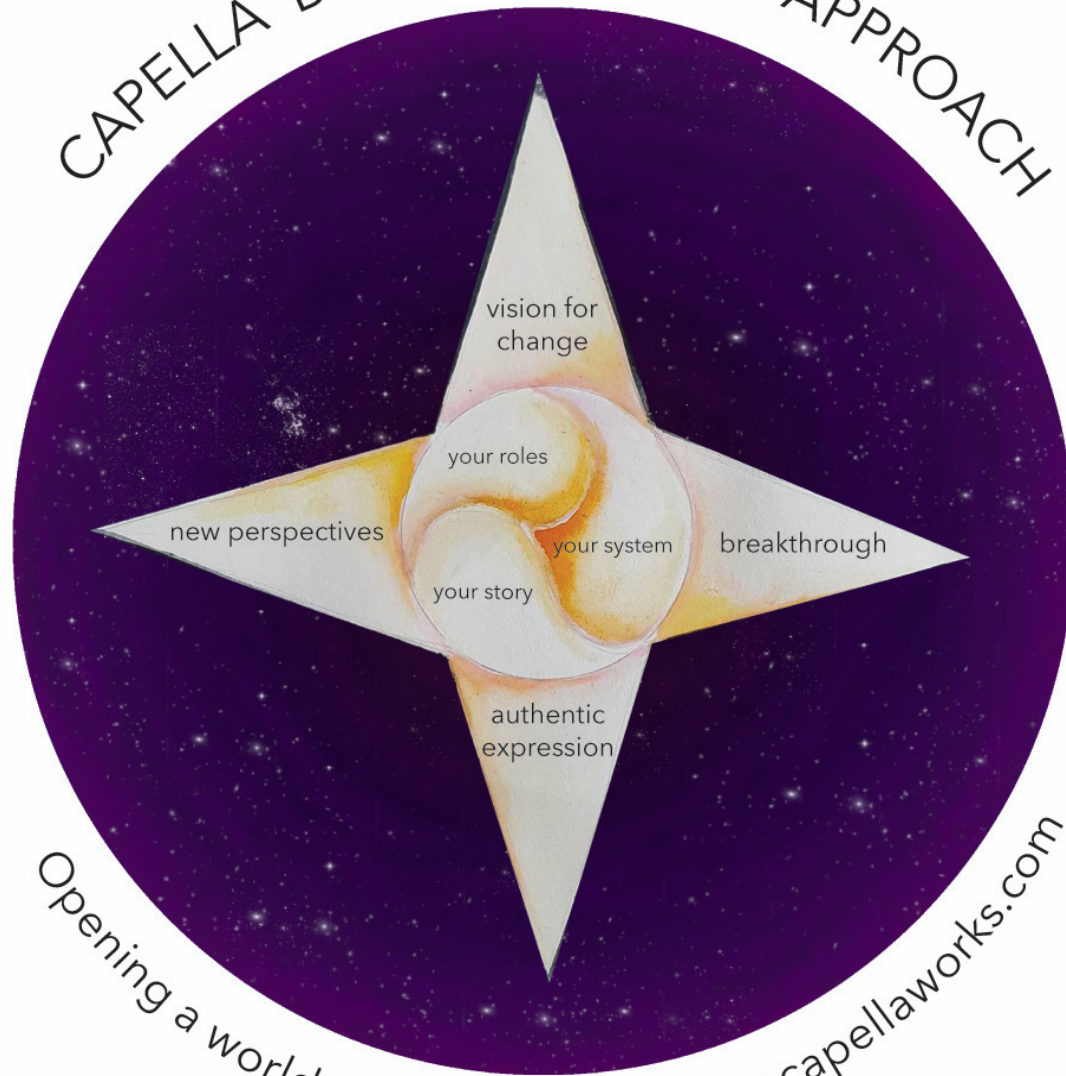
Driving change through storytelling

At Capella we believe that people generally know much more than they realise, and that everyone is hard-wired to access and use this knowledge through great storytelling.

Our approach allows us to work with 'deep state learning', accessing the most creative centres of the brain by deliberately setting up an imaginative and intuitive environment.

We help you step back, discover the bigger picture and create change stories which lead the way to action.

CAPELLA BREAKTHROUGH APPROACH



Opening a world of possibilities - www.capellaworks.com

Coaching for all

Our practitioners offer a wide range of coaching services, each with their own specialism — from leadership and business growth, to therapeutic coaching for wellbeing and personal development.

We work across the business, public and community sectors, adapting our approaches and drawing on our multi-sector expertise.

Helping you to help others

We're passionate about sharing our skills and expertise.

Our high quality experiential training programmes range from multi-sector coaching and facilitation practitioner training to toolkit training for support workers looking to add to their existing skills.

Wherever we can, we support you in learning skills and passing these on to others in your turn.

Interested?

Get in touch:

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