



Future Lives

Summary

We aim to unleash potential in

- Leaders and managers
- Teams
- Organisations

AND YOU!

Future Lives is all about enabling individuals, teams and organisations achieve their potential so that everyone benefits, be they patients, customers, staff, leaders or shareholders. We exist to ensure patient and customer centred objectives are met through supporting and developing effective leaders and engaged and fulfilled staff who together create a positive confident culture where people flourish and perform in despite of difficulties.

We do this through

- A truly patient and or customer centred approach.
- Working collaboratively with individuals, teams and organisations to create positive sustainable change that meets your needs
- Fostering positive solution focussed relationships
- Building confidence, awareness, self esteem and resilience
- Building on successes, planning for the future and improving performance.
- Our team of consultants and associates who combine highly developed skills with invaluable experience of front line working in the public and private sector.
- Evidence based solutions grounded in psychology, neuroscience, leadership, management, personal and organisational development.

Ways we can help

Mindfulness and resilience:
through enhancing awareness, wellbeing and self-efficacy.

Leadership and Management Development:
personal development and bespoke programmes with master classes, action learning and coaching.

Executive Coaching:
for senior leaders at board and sub board level.

Individual Coaching:
focussing on career, leadership development, new roles, performance and resilience.

Coaching skills:
enabling managers and leaders to empower and engage their teams through listening and asking rather than telling.

Team building:
enhancing relationships, conflict resolution and achieving goals.

Strategy and Business Development:
determining purpose, vision, values, services and performance

Expert facilitation and stakeholder engagement:
Improving services and teams, large -scale events

Who Are We?

A highly skilled and experienced Team of Consultants and Associates:

Taravandana - Owner and Senior Consultant

Vajramudita (Vee) Armstrong – Senior Consultant

Su Fowler Johnson - Senior Associate

Julian Bond – Senior Associate

Dr Claire Harris – Associate

Rob Billson – Associate

Our Clients include:

NW NHS Leadership Academy

The Kings Fund

The Gateway Centre

New Charter Housing

Solutions PT

NW PG Deanery

Blackpool Teaching Hospitals NHS Foundation Trust

NHS Bradford

NHS 5 Boroughs Partnership

NHS Yorkshire and Humber

Bridgewater Community Trust

Ashton Leigh and Wigan PCT

Lancashire Care Foundation Trust

Northern Cancer Research Networks

Lancashire and Cumbria Cancer Network

Calderdale Council

The Community Foundation for Calderdale

To find out more please contact us on:

info@future-lives.co.uk

Or call Taravandana on 07775 902 106



Future Lives

Consulting and Coaching for Individuals and Teams