

Break Through What's Getting In the Way

Performance plateaus are frustrating... Imagine If You Could...

- Feeling stuck in unhelpful patterns, despite your best efforts
 - Struggling to lead with confidence and clarity when the pressure's on
 - Wanting to build stronger relationships and drive real change, but something keeps getting in the way
 - Sensing you could achieve more – if only you could shift what's beneath the surface
- ✓ See your challenges from a completely new perspective – and finally get unstuck.
 - ✓ Understand what's really driving your behaviour (and others') in high-stakes moments.
 - ✓ Respond with calm, confidence and authenticity – even when things get tough.
 - ✓ Lead yourself and your team with greater impact, trust and ease.

How Functional Fluency & 'GOTM!'™ Can Help

Functional Fluency is a practical, evidence-based model for understanding and transforming behaviour – in yourself and in your relationships.

“Get on the Mat” (GOTM) is a dynamic, experiential session where you step into your real-life challenges, making the invisible visible.

With my coaching, you'll not only explore the Functional Fluency model, but also connect it to your unique goals, patterns and leadership journey.



What Happens in a 'GOTM!' Session?

- **Clarify Your Focus:** We start with what matters most to you – a real issue, goal or relationship you want to shift.
- **Step Into Insight:** Using the Functional Fluency “mat”, we map out the people, emotions and dynamics at play. You'll see, feel and experience your situation in a new way.
- **Unlock New Choices:** Together, we identify what's working, what's stuck, and where your energy is being drained or used effectively.
- **Practical Next Steps:** You'll leave with clear actions, new awareness, and tools to sustain your progress.

What Results Can You Expect?

- Greater self-awareness and confidence as a leader
- More effective, authentic relationships at work and beyond
- The ability to break old patterns and respond with intention
- Tangible progress towards your personal and professional goals



Hayley Shilliday
Head of PMO

★★★★★


This coaching shifted how I think and act — I've overcome obstacles that once felt immovable



Dave Wilson
Chief Innovation Officer

★★★★★

For the first time, I had the language to express what I was feeling — and that gave me a way forward I hadn't seen before.



Caroline
Director

★★★★★

James asks the questions you resist at first, but that unlock the breakthroughs you truly need.



Ready to Step Forward?

Book a Discovery Call to find out more.
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