



Individual, Team and Organisational Development

Are you an **inspiring** leader?
Does your team **consistently perform** at its best?
Is your organisation able to **embrace change** with enthusiasm?

These goals are fundamental to creating successful, dynamic and thriving businesses. So what makes them so difficult to actually achieve? The problem lies in what gets in our way and holds us back. Patterns, conflicts and blocks from the past begin to affect what is happening in the present. We become stuck in these old ways of thinking, communicating, collaborating and performing, and lose sight of what we are doing and why.

This development work intervenes in these processes to bring clarity and understanding to what is actually happening now, so that choice can once again prevail. We begin to take responsibility by becoming more creative, flexible and effective.

These changes lead to higher levels of performance, greater fulfilment and an inherent desire to continue changing, so realising more of our potential. We discover a more natural way of being, which actually enhances our communication, relationships and collaboration.

Robert Digings is passionate about self-awareness and skilful communication, particularly their importance to leadership, achievement and wellbeing. He has spent many years at the top of his profession as a corporate communicator and has enabled many national and international companies to achieve their objectives using business television, corporate audio, conferences, Q&As and award ceremonies.

Our clients include **Land Rover, BBC People Development, VOSA, Volvo Asia Pacific, Sky Digital, Department for International Development, BMW, Institute of Directors, Linklaters and Alliance** and **Marks & Spencer**.

Over the last five years Robert has developed a way of working that embraces the best and most useful thinking in the areas of human potential, group dynamics and depth psychology. He works with individuals, teams and organisations to improve communication, relationship, leadership, creativity and performance. It is extremely effective and has a lasting impact on business success.

To seek to be fulfilled, perform with excellence, and embrace change with energy and ease are not unrealistic ideals. They are absolutely achievable. To realise them requires an understanding of what gets in the way, along with the willingness and skill to work with that. This is the essence of these development sessions.

Whether taken individually, in teams or throughout an organisation they consistently improve teamwork, creativity and performance, whilst proving to be enjoyable, challenging and insightful for all those involved.

To find out how Robert can begin working with you and your people, contact Mia Patterson on +44 (0) 1732 369 293.

We can help with your next communication project, people development or communication skills training. Take the next step and [contact](#) us now.

We look forward to working with you.

robert digings

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