

Newset Training

Well-being Training and Coaching

"I would highly recommend Clare Martin's services as she provided us with consistency and exceeded expectations."
ELEN FOULKES, TASTE OF ENTERPRISE CO-ORDINATOR

WHAT WE DO AT NEWSET

BUILD & CREATE

We tailor our training to meet your individual needs. Let us know the areas that most need support in your workplace.

LOVE CHALLENGES

The challenge is always to have maximum impact during a workshop, but also to ensure that this follows through to work and life.

FIND SOLUTIONS

Techniques and ideas are explored during the workshops so delegates find the solutions they need to take them forward.

THINK DIFFERENTLY

Positive Psychology forms the basis for all the workshops we run. Focusing on happiness and well being means we are always striving for optimal performance.

CONTACT US

WEB DETAILS

Email: clare@newset-training.com

Web: www.newset-training.com

PHONE/ADDRESS

Tel: 07811 356 283

The Cottage, Coed Y Parc,

Bethesda LL57 4YS

Our training focuses on developing well-being through easy to use techniques that will enhance staff performance and success in the workplace. Strategies to manage stress and work with others effectively is essential for business success.

CREATE SUCCESS

Happiness and resilience increasing productivity



Coaching benefits everyone, but in business having someone willing to challenge you and support you who does not have a vested interest can be crucial. Coaching brings the clarity, direction and motivation that can accelerate business growth

ABOUT NEWSET

Clare Martin is an experienced trainer and coach. She has worked with businesses and organisations both running training courses and working with managers in a coaching capacity. She has a first class degree in psychology, qualifications in coaching and a passion for helping people reach their full potential.



MANAGE STRESS

Focuses on mental resilience and strategies for success



1-2-1 COACHING

Coaching is a catalyst for success in business



ABOUT OUR COURSES & WHO WE ARE

www.newset-training.com

Personal Development for Professional Performance

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