



Focusing On The Extraordinary

Executive Development

Mentoring and Coaching Services





Mentoring & Coaching

Coaching vs Mentoring

Mentoring and Coaching are two different tools that support leadership development. One focuses on acquiring knowledge and skills from someone who has more experience than you, and the other gives you the tools and insight to enable you to grow and develop yourself.

In summary, we believe a mentor is someone you learn from, and a coach is someone you learn with.

Our Approach

Using a blend of mentoring and coaching, we work with the majority of our clients on an on-going basis. However, the way we work with you, is determined by you and what you need.

As an international business, with clients in Europe, New Zealand, Middle East, and the US, we are used to working with different time zones, and providing support remotely using Skype and other technology, as well as traveling to meet face-to-face.



Is ECMR the right partner for you?

The relationship between mentor/coach and client is a key enabler of success. Trust, respect and communication all play an important role.

We think that having an initial conversation before we, or our client, make any commitment, helps build rapport and creates the foundation for a future working relationship.

Contact us now to make that first appointment

Client feedback

"Coaching with Niamh showed me the way during a recent job upheaval. Through it, I have found the gifts of breathing, reflecting and a clearer understanding of what I do and don't want as we move forward".

Your Outcomes

Some clients need a sounding board for important decisions, some clients need support in finding solutions and some want to enhance key leadership skills such as communication, resilience and even confidence. We will work with you from the very start to determine what you want to achieve and when you want to achieve it by.



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If you would like to more information , please get in touch:
Email: enquiries@ecmrinternational.com Phone: +44 (0) 20 8133 6087
Visit: www.ecmrinternational.com



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About ECMR International

Established by Niamh Ní Bhéara in 2010, our talented team has a wealth of practical business experience acquired directly from front-line roles and senior management positions in multinational blue chip organisations.

ECMR provides a range of employee development and consultancy services, but Niamh's extensive business knowledge and combined with her passion for problem-solving and helping people, has led to an increased focus on mentoring and coaching senior executives.

Reflecting the importance Niamh places on relationships, the company was named using the initials of her three nieces and nephew. Although domiciled in the United Kingdom, the company is truly international, working with clients in Europe, Middle East, New Zealand and USA.

What We Believe

Relationships: We believe that building relationships with our clients and partners supports effective communication and trust. That then enables faster and more effective results.

Communication: Listening and asking the right questions ensures that we gain an in-depth understanding of what our clients need. Only then are we in a position to start tackling the task of identifying and clearly communicating the right solutions.

Return on investment: Our clients contract us not just to provide support, but also to help them create a legacy. We are, therefore, always focused on the value we add – individually or to an organisation.

Common Sense: We believe that common sense and a temperate approach goes a very long way in a complex world. A healthy dose of both helps our clients look at issues from a different perspective.

Results-focused: We are committed to getting tasks completed within agreed timelines while keeping in mind the long-term goals. This means that our efficiency contributes to our clients' effectiveness.

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