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INSIDE
THIS ISSUE

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MAGAZINE

- ◆ CRACK SOCIAL MEDIA
- ◆ GROW YOUR BUSINESS
- ◆ EMBRACE TECH FOR SUCCESS

WITH
**James
Caan**

KEEP UP!

Need to navigate demands, supercharge performance and secure greater freedom? You need a trusted ally, says coach Stuart Turner

More than 75% of CEOs feel overwhelmed by work. Faced by constant market changes, resource optimisation challenges and the need to foster a resilient culture, they have to adapt their businesses every two to five years.

As a coach and adviser, my focus is on providing a space for CEOs to grow and see the world differently. By helping them identify and unlock internal barriers, they can challenge themselves to develop without limits.

Coaching isn't for everyone

While many CEOs seek my service, my coaching isn't for everyone. They must be outstanding leaders who are coachable, hold themselves to the highest standards of integrity and are serious action-takers hungry for success. They must know their worth, be decisive and willing to invest time and money in themselves.

In my work with clients, whether one-on-one or through the Leadership Accelerator Programme, I help them



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**OVER
75%**

OF CEOS FEEL
OVERWHELMED
BY WORK

embrace discomfort, accept challenges and strike a balance across all components of their lives. Together, we:

- Set out their direction of travel and pursue it relentlessly
- Implement mitigation measures
- Establish safety nets
- Connect with peers in similar positions
- Vent, reflect and stand firm

Boosting profits

Results show that CEOs working with a coach boost profits by 46%. For two decades, I've supported leaders and executive teams, helping them master change, innovate and achieve success.

Mike, the founder of a financial solutions firm, made the move from a corporate career to building a successful

seven-figure business in four years.

"Regular coaching has transformed both my personal and professional life," he says.

Tom, CEO of a software startup, faced rapid growth and an expanding leadership team. "Stuart helped me find balance as a CEO, manage sales and marketing and build a high-performing team," he says. "His coaching has made me more confident and successful."

Join the next cohort on the Leadership Accelerator Programme and connect with top leaders scaling to seven figures.

Unlock your success now!

Visit: stellarcoach.co.uk

Go to: [linkedin.com/in/stuart-turner-change](https://www.linkedin.com/in/stuart-turner-change)

Email: stuart@stellarcoach.co.uk

For a two-minute self-assessment, scan the QR code below



Stellar
— COACH —

Meet Stuart

With more than two decades of experience, Stuart Turner is a celebrated professional coach and trusted strategic business adviser for a range of clients, from startups to large corporates in many different industries.

His passion lies in helping chief executives unlock their leadership potential, enabling their business to flourish and helping them reclaim their freedom.



it can help you and your staff up your commercial game.

A fresh view

An impartial business coach can help you explore your strengths, identify and eradicate any weak spots, and encourage you and your staff to see things from a new perspective.

“We are seeing coaching adding an enormous amount of value in small businesses and startups, particularly as they begin to grow,” says Nathan Abbott, head of human performance at Pro-Noctis, which provides coaching, mentoring and leadership training. “Coaching is helpful for providing leaders with different perspectives on some of the problems they need to overcome when developing a business.”

Space to grow

“As the business grows, its network of employees – all with different needs – becomes increasingly difficult to lead,” continues Nathan. “Coaching can help enormously in ensuring growth is as smooth as possible, as well as keeping workers engaged, motivated and able to communicate effectively.

“Leadership can be a lonely place, and getting the right coach for the leader can provide a great outlet for some of the frustrations when your head is in the business.

“A good coach will help you create the space to make the best decisions and support you through your own and your business’s development journey.”

It’s good to talk

According to Institute of Coaching research, more than 70% of business coaching recipients benefit from

improved work performance, better relationships and more effective communication skills.

It also found that 86% of companies feel they recoup the investment they make into coaching and make more income as a result.

A coach is a great sounding board for ideas. In fact, the International Coaching Federation survey found 50% of respondents said they confide in their coach as much as their best friend, spouse or therapist, and 12% confide in their coach more than anyone else.

Mission accomplished

Before you hire a business coach, make sure they specialise in the area you wish to address – whether that’s developing your public speaking and communication skills, boosting motivation or making key decisions.

Bear in mind, too, that coaches practise different methods. You can generally expect coaching to continue for between six and 18 months, but this varies. Coaches aim to work at the client’s pace, and sessions will generally end when all your goals have been reached. ■

A GROWTH MINDSET

Making space for change is important for leaders, says Stuart Turner, founder of Stellar Coach

“Leadership is tough and, for CEOs, the pressure of managing business, team and family can become overwhelming. Creating space to step back, gain fresh perspectives and reassess their position is crucial. It helps them avoid pitfalls and recharge, which is vital for effective leadership, growth and wellbeing.

“Many CEOs feel unprepared when they start, leading to costly mistakes. To evolve, they need to understand their strengths and blind spots. Time away from daily pressures is vital for gaining insight.

“Research shows CEOs who seek support improve business performance by more than 20%. I recommend getting a coach or mentor and joining a network of peers. These provide a sounding board, challenge critical thinking, and offer objective feedback, helping CEOs make better decisions and accelerate growth.

“Early support with structured planning lays strong foundations, while later engagement helps navigate complex issues. In my work, we focus on clarity of goals, team engagement, prioritising critical decisions, nurturing supportive relationships, and mindset. These ensure aligned efforts and sustained growth, and help CEOs navigate challenges effectively.”

EXPERT VIEW