This November, we are proud to be taking part in the WLA Coachathon – a 24-hour coaching marathon fundraising for [MicroLoan Foundation](https://www.microloanfoundation.org.uk/). This event takes place on Wednesday 16th November, and involves over 200 talented coaches from more than 30 countries.

We recognise that coaching is a valuable tool for personal and professional development, and we are committed to investing in our team. For these reasons, we have gifted coaching sessions to our colleagues.

Coaching can help you to establish and take action towards achieving your goals, make life decisions that are aligned with your values, gain more job and life satisfaction, become more self-reliant, productive, confident and a better communicator, have happier, healthier relationships, both personal and professional, and deal with change or conflict.  
  
**There are also numerous benefits of coaching for our organisation:**  
  
• Increased employee and staff empowerment and engagement  
• Improved individual performance, motivation and productivity  
• Develop high potential employees

Team members taking part in the WLA Coachathon will access one 45-minute session with a coach of their choice. They will select their coach from one of ten coaching streams, including:

Executive – Leadership – Career – Life – Mindfulness – Resilience – Public Speaking

All the while, we are supporting the charity MicroLoan Foundation who provide small loans and business training to women living in extreme poverty. We care very much about corporate social responsibility, and the WLA Coachathon offers us an additional way to make a positive social impact.

With our donation, women in Malawi, Zambia and Zimbabwe can build a profitable business, so they are able to provide food, clothes, and healthcare for their families. They can afford to send their children to school.

To find out more about the WLA Coachathon, and MicroLoan’s transformational work, please visit: <https://www.microloanfoundation.org.uk/>

If you feel inspired to purchase a coaching session for yourself or for someone else, please visit: <https://coachathon.thewla.com/>