



# Construction Business Coaching



The  
**Power  
Within**<sup>®</sup>

The Motivational Intelligence Company <sup>®</sup>  
Think Bigger, Be Better & Achieve More



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**Learn More:**  
<https://bit.ly/citb-businesscoaching>



## About Us

At The Power Within Training, we're dedicated to redefining leadership excellence.

For years, we've been guiding individuals and organisations to discover and refine their unique leadership approach through our bespoke courses.

Our philosophy is grounded in the latest advancements in neuroscience and cognitive and social psychology. This fusion of science and strategy helps you to find your very own leadership style.

Joining our leadership training journey means embarking on a path to think **bigger**, be **better**, and achieve **more**. Our courses go beyond conventional tests.

We cultivate focused, prepared leaders who are deeply committed to fostering a positive and productive team environment.

Our commitment is to facilitate your growth and transform how you and your business confront and overcome future challenges.

We champion accountability, resilience, and adaptability in the face of change.

At the heart of The Power Within Training is a passion for igniting and nurturing tomorrow's leaders. We're dynamic, compassionate, and relentlessly pursuing positivity and lasting impact.

We believe in challenging and expanding your perspectives on business, teamwork, and personal growth. With us, you'll unlock your unlimited potential and set the stage for achievements that surpass even your wildest dreams.

Join us, and let's make real change that lasts.



## Our Method

At the heart of our approach lies a profound insight into the human condition, bridging the latest in neuroscience with ground-breaking discoveries in cognitive psychology.

This intersection reveals the key to unlocking our potential, opening our minds, and achieving unparalleled success: **Motivational Intelligence**.

Motivational Intelligence (MQ) is the art of overcoming negative thoughts and self-limiting beliefs to overcome obstacles and achieve goals.

It's a concept rooted in the most pivotal and extensively researched areas of social psychology, earning awards such as a Nobel Prize and being hailed as one of the twentieth century's top ten scientific breakthroughs.

But what truly sets Motivational Intelligence apart is its ability to answer the fundamental questions of 'why?' Why do some individuals excel where others falter?

Why can some adapt effortlessly while others are paralysed by change? Why do some give up at the first sign of challenge, whereas others persevere against all odds?

Success is not solely determined by intelligence quotient (IQ) or emotional quotient (EQ). The real game-changer is a high MQ.

This form of intelligence weaves through every monumental human achievement, every overcome challenge, and every story of resilience.

The stark difference between those who succeed and those who struggle lies in their level of Motivational Intelligence.

Recognised as the third and most impactful level of human Intelligence, MQ is the cornerstone of our methodology at The Power Within Training, empowering you to go beyond your limits and craft a legacy of success.



## The Science Behind Motivational Intelligence

We define Motivational Intelligence as “the ability to motivate oneself and others” and we have identified two primary routes for practising Motivational Intelligence.

First, by identifying and managing negative thoughts and self-limiting beliefs. Second, by identifying and managing human needs. To teach Motivational Intelligence to our clients, we integrate the psychological science and neuroscience of motivation into our training programmes.

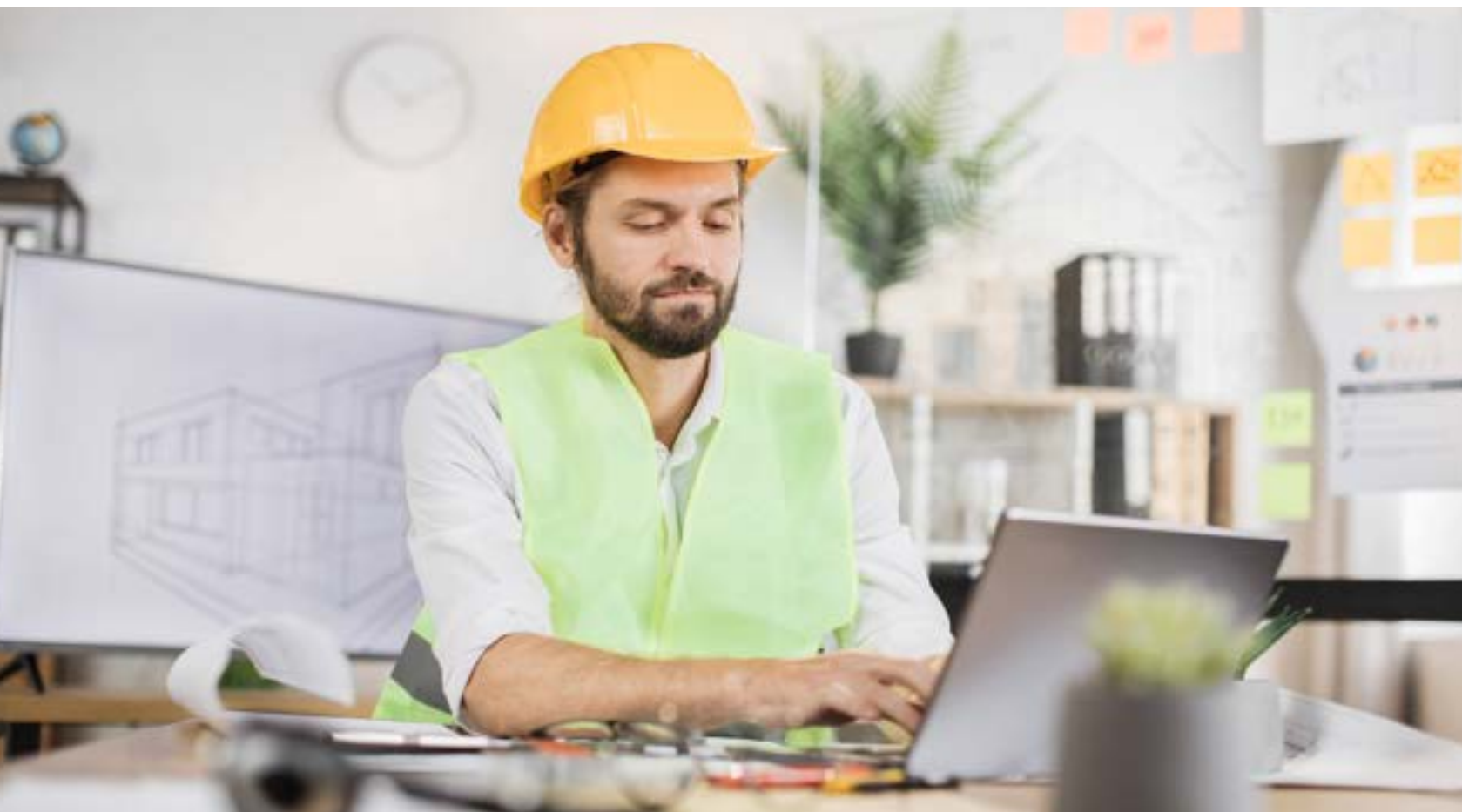
Our research has found that the psychological phenomenon known as the growth mindset strongly contributes to motivation and success across several outcomes in the workplace. Therefore, teachings of the growth mindset underpin our training programmes. Beyond the benefits of the growth mindset for driving success in the workplace, the growth mindset has been shown to benefit Equity, Diversity, and Inclusion by increasing the comfort with which people of different groups interact.

The latest neuroscientific research converges upon the theory that the brain is a “prediction-making machine”.

As a result, our training programmes combine this research with research on the psychology of motivation so that we can teach our clients how to leverage their subconscious processes to inspire increased motivation in themselves and others.

Scientific research is not just distilled and taught through our training programmes; it is the foundation.

We draw upon the findings from cognitive science and psychological “intervention” research to ensure our clients remember and apply their lessons in practice, making our programmes not just informative but also highly effective.



## Why Choose Business Coaching?

Are you tired of working hard but not seeing the financial rewards?

Are your subcontractors earning as much as you do but with less hassle and fewer hours?

Is your cash flow a constant headache?

Does the thought of paying your VAT returns keep you awake at night?

Are client complaints draining your energy?

Would you like more time with your family rather than working 24/7?

If you can answer 'yes' to one or more of the questions above, you've come to the right place.

At The Power Within Training, we understand the unique challenges construction business owners face.

Our tailored Construction Business Coaching Programme is here to guide you through every hurdle with practical solutions and a seven-step accelerator to propel your business forward.

With experience coaching over 500 SME construction companies, we've honed the expertise needed to boost your business's success and get your life back on track.

It's time to put down the tools, see actual financial returns, and reclaim your life!



## Why Choose Business Coaching?

Our coaching is designed for SME construction and trade business owners like you. It's personalised, focusing on what matters most – your goals.

Our unique platform doesn't just coach; it measures the impact on your personal and business performance, ensuring you see the value every step of the way.

Remember, it's not just about what you know but uncovering the insights no one else will tell you about.

Our programme helps integrate these into your business for consistent growth.

Let's make it happen. Together, we can transform your construction business into a thriving, rewarding venture.

SME business coaching can be the turning point from enduring a stagnant business with endless stress and unrealistic time demands to enjoying a thriving, fulfilling, and successful venture.

Small business coaching isn't just about casual conversations or someone dictating your next steps.

It's about empowering you, the business owner, with the knowledge and tools to make smarter decisions that benefit both you and your company.

It's about ensuring you take the necessary actions to create positive change.



## Why Choose Business Coaching?

### If you're in search of:

- An independent perspective on your business and performance.
- A mentor to keep you accountable.
- A fresh viewpoint for brainstorming ideas and a reliable sounding board.
- A skilled coach and mentor committed to helping you navigate business challenges and drive results.

Then our Business Coaching programme might be exactly what you need!

If this resonates with you, why not arrange a no-obligation call to find out if you're eligible for our fully funded coaching programme, or if you and your business are a good fit for our business coaching.

It could be the most impactful decision since beginning your business journey.

“

The content they cover is **life-changing** from both a business and personal point of view.

- Colin Sloan, Owner of Slimline Property





## More Information & Links to Apply

We value you and understand if you feel hesitant, sceptical, or unsure about transforming your business.

It's natural!

While we're confident our coaching can make a significant impact, it's important to us that you feel assured and trusted in this process.

That's why we offer a three-hour, no-obligation business coaching taster.

This is your chance to explore what coaching can do for you.

During your trial session, you'll gain clarity on one of three potential outcomes.

You may find that coaching isn't right for you—and that's perfectly fine for both of us.

You might gain enough insight to proceed on your own without further coaching.

You discover the transformative power of coaching and accountability, prompting us to welcome you as a new client with 24/7 access to your tailored coaching commitments and programme.

Whichever outcome, you'll emerge better equipped—with greater insight, understanding, or a renewed commitment to your goals and dreams.

Ready to take the first step? Visit the link below today to express your interest, learn more, or book your free consultation.

<https://bit.ly/citb-businesscoaching>

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**Learn More:**  
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## The Companies We've Inspired



Vistry Group





The  
**Power  
Within**<sup>®</sup>

# Inspiring the Leaders of Tomorrow, Today

## Contact Us Today!

Our team at The Power Within Training are standing by to make sure you get the help you need.

Whether you have a question, are interested in finding out more or looking for a proposal and more, **we're here for you!**



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