

tostig

*the next step in your English
communication needs*

Marlow, Henley and Watlington



Welcome to *tostig*, a prestigious new English coaching experience in England, run by partners Peter Zoefitg and Julia Charnley.

“when we compose our words, we compose *ourselves*”

TOSTIG – PERFORMANCE IN ENGLISH

communication skills, problem-management,
and impactful performance

Peter has over 25 years' experience of teaching and coaching, in France (running the English Institute), Belgium (providing Business English training with CERAN), Saudi Arabia (Designing and delivering programmes for Public Administration) and the United Kingdom (at SLS International among others) and holds qualifications in NLP and coaching. He is involved in both Personal and Business Executive Coaching at the highest levels, with the advantage of in-depth knowledge of education, and long experience working with top-level clients from around the world.



Julia's award-winning voice-training and performance coaching along with 15 years spent in company leadership at regional controller level (at Tie Rack) as well as at Board, directorship and departmental level, educational management experience, and 10 years' company management too, is an assurance that your stay will lead to measurable changes and results.

tostig- outcomes-based coaching

Example Day

8am Breakfast (with the coach) at the Spa hotel or quality Inn.

9am Morning work will comprise Processing and Composing Skills to improve mentation and self-access, improved states of awareness.

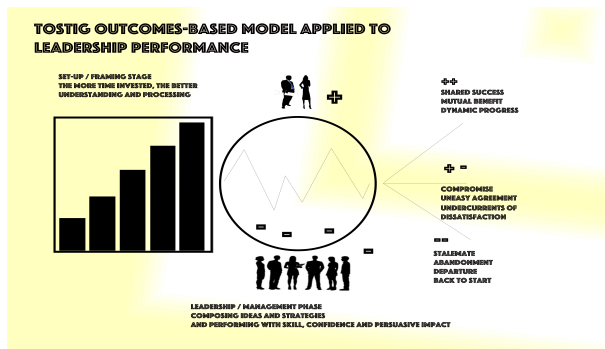
11am Use of video playback to record performance, analysis and feedback

1pm Lunch with the coach

3pm In the afternoon we spend time putting the learning and increased awareness into practical performance, language review and framing the next step.

5pm Rest, use of hotel facilities or visits to places of interest or business sites.

8pm In the evening, with a professional local expert, to the theatre if wished, or a quality historic pub or restaurant.



Performance coaching models

Exclusive environment

We use facilities in the Watlington area, Henley area (M40 corridor) as well as Westminster in London.

We are able to provide residence in a beautiful Spa quality hotel with Swimming pool, Gym, Sauna and Golf facilities – or friendly and relaxing Inn – with rigorous coaching in the day, and accompanied evenings outside, responding to needs*.

With tostig, you or your clients' stay can be of 2, 3 or 4 days' duration, or – exceptionally – longer. The stay will be in a prime Spa Hotel and coaching will be during the morning and afternoon in a quality meeting room in tailor-made modules designed around the client. Evening activities are flexible but can be arranged to suit requirements.

We can promise rapid improvements in self-correction and performance. We achieve this through a processing technique that focuses on deep-level change.

Performance in English

We will insist on having a pre-stay conversation with clients, to tell us their plans and preferences, and – specifically – to learn about the details of upcoming business and communication goals, that we will work on from the very first moment. What sets us apart from other “schools” is that we work hand-in-hand with clients to reach goals in fast measurable ways, and to do so, will need to know the immediate business and communication goals, before arrival in the UK, for their next meeting in English.

PERSONAL COACHING in the UK, tailored and clearly calibrated outcomes

SKYPE – online coaching with clear and tangible results @ c.£80p.h.



State-of-the-Art coaching facilities

The Fat Fox Inn

GROUP coaching – involved in transitions or mergers? send a small group

PERSONAL EFFECTIVENESS – unique and powerful skills development

Above all we promise *short* and *powerful* coaching experiences that place an emphasis on tailored skills development, enjoyment and real *performance*, totally geared to the clients' own personal objectives.

The [tostig](http://tostig.com) website gives further details of how we work, but we wish to send a personal invitation to clients to this top-level coaching experience which goes beyond normal training. By dint of deep-end performance practice and skilled coaching, we are offering a step up, relative to “business English” training schools.

tostig



events

Stratford Upon Avon The Royal Shakespeare Theatre



* If desired, and as an enjoyable add-on to the coaching experience, we can furthermore combine quality time in England with clay-pigeon shooting (fishing and shooting in the hunting season), trips to Shakespearean plays, or site-seeing in London and other activities for the end of the stay. 4x4 off-roading and rally driving, rifle shooting, archery, falconry, helicopter and fixed-wing challenges, cricket, painting or historic visits may be available at certain times

** All inclusive £1000 (standard accomodation) –£1200 (suite accomodation) per day



A beautiful English gastro-pub

TOSTIG – OUTCOMES-BASED COACHING

tostig testimonials

“With tostig as my executive coach, I have extensively changed my professional and leadership approach. I now see myself more objectively. Peter quickly uncovered the problems I made in the past, and provided the tools I need to understand how others perceive me. With my newly honed skills, I can adjust my actions and modify my behaviour for increasingly positive results. These indispensable lessons will serve me well as I continue to improve my skills.”

Please [let us know](#) your interests and we will write again or call, to discuss how we can help you.



tostig
outcomes-based coaching
Marlow, Henley and Watlington
[*info@tostig.co.uk*](mailto:info@tostig.co.uk)
[*www.tostig.co.uk*](http://www.tostig.co.uk)
(+44) (0)7708364021 (07902488985)