



Supporting Your Organisation's Wellbeing & Performance.

By collaborating closely with your organisation, we deliver impactful solutions that elevate both your people and your business.

Shore Psychology
2 Sandport Place
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Why choose Shore.

At Shore Psychology, we understand that your organisation's success depends on the wellbeing and performance of your people. Thriving in today's workplace requires a resilient, collaborative, and engaged workforce. Our evidence-based approach optimises psychological and behavioural factors to enhance individual and team performance, helping your organisation achieve its goals.

What makes us different

- **Evidence-Based Expertise** – Our approach is rooted in proven psychological science and backed by years of advanced training.
- **Tailored Solutions** – We partner with you to address your organisation's unique challenges, not relying on one-size-fits-all models.
- **Professional Standards** – As qualified psychologists, we adhere to the highest ethical and professional guidelines.
- **Comprehensive Services** – From enhancing leadership and teamwork, to providing bespoke support around mental health and neurodiversity, we offer a wide range of solutions to help your organisation succeed.
- **Sustainable Results** – We focus on matching practical strategies to your specific circumstances, helping you achieve meaningful, sustainable change
- **Corporate Social Responsibility (CSR) Alignment** – Supporting a social enterprise aligns with CSR goals, demonstrating your commitment to mental health and community impact.



Our services.

Trauma-Informed Leadership

- **Training:** Learn how to recognise the prevalence of trauma, understand its impact, and foster a workplace where individuals can thrive regardless of their experiences. Leaders will develop the ability to respond with flexibility and understanding, creating a psychologically safe workplace.
- **Coaching:** Our coaching provides the support leaders need to troubleshoot challenges, reflect on leadership approaches, adapt to new situations, and build lasting, positive habits in their teams.
- **Trauma-Informing Your Workplace:** We guide organisations in integrating trauma-awareness into their practices, policies, and culture, ensuring a supportive and effective work environment

Mental Health Awareness for Managers

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Our services.

Motivational Interviewing Skills for Managers

Training: Motivational Interviewing (MI) is a person-centred, evidence-based communication style that helps managers inspire and engage their teams. Training focuses on techniques such as open-ended questioning, reflective listening, and affirmations to foster a collaborative, non-judgmental dialogue.

Coaching: One-on-one or group coaching sessions provide managers with guidance on integrating MI into their leadership approach, refining their skills, and effectively motivating employees to improve engagement and performance.

Neurodiversity Services

- Neurodiversity Awareness Training & Coaching for Managers – Tailored support to help managers understand neurodiversity, adapt their leadership approach, and create inclusive work environments.
- Neurodiversity Awareness Training for the Workforce – Company-wide training fosters awareness, reduces stigma, and promotes respect for diverse cognitive styles and strengths.
- Direct Support for Neurodivergent Employees – Personalised coaching equips neurodivergent employees with strategies to maximise their strengths, communicate their needs effectively, and thrive in the workplace.

Our services.

Having Difficult Conversations – Communication Skills for Managers

- Workshops: Our interactive workshops blend psychological theory with practical strategies to help managers handle sensitive discussions, performance concerns, and conflict resolution with clarity and confidence.
- Benefits: Addressing concerns early reduces the likelihood of formal HR interventions, fostering a culture of open communication, trust, and respect.

Team Coaching for Improved Performance

Team Coaching: Our team coaching service enhances collaboration, alignment, and team dynamics by identifying key challenges and co-creating solutions tailored to the team's unique needs.

Individual Team Member Coaching: Personalised support helps employees develop leadership skills, improve communication, and navigate workplace challenges more effectively.

Our services.

Individual Coaching & Development

- Executive Coaching – Focused coaching for senior leaders to refine decision-making, enhance strategic thinking, and build leadership confidence.
- Leadership Development Coaching – Supports managers and emerging leaders in developing the key skills required to lead teams effectively, including delegation, conflict resolution, and emotional intelligence.
- Health & Wellbeing Coaching – Personalised coaching to help employees manage stress, prevent burnout, and create sustainable work habits.
- Bespoke 360-Degree Review Process – Multi-perspective feedback through tailored reviews and coaching, offering valuable insights into leadership impact and areas for growth.

Wellbeing & Performance Support for Health & Social Care Staff

Individual Psychological Coaching: One-on-one coaching sessions provide tailored psychological support to help health and social care professionals manage the pressures of their roles, enhance resilience, and maintain mental wellbeing.

Team-Based Reflective Practice: Facilitated reflective practice sessions create a safe, structured environment for teams to process their experiences, discuss challenges, and build collective resilience.

Training for Health & Social Care Staff: Our evidence-based training programs provide essential psychological tools for coping with high-pressure environments, stress management, emotional intelligence, and self-care strategies.



Why choose Shore

As a social enterprise, working with us means your organisation isn't just investing in expert psychological services—you're also giving back to the community. A portion of our profits supports free and low-cost mental health services for those who need them most, ensuring that high-quality care is accessible to all.

By choosing Shore Psychology, your organisation:

Fulfils CSR commitments – Demonstrates a commitment to mental health and community impact.

Drives positive change – Your investment directly improves mental health access for underserved communities.

Enhances employer brand – Employees and clients value organisations that prioritise ethical partnerships and social responsibility.

When you work with us, you're not just improving workplace wellbeing—you're part of a movement for mental health equality.

Let's Work Together

We'd love to explore how Shore Psychology can support your organisation. Contact us to discuss your needs and tailor the right solutions for you.

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