

Business Coaching

Coaching is effective and tailored one to one development support for Individuals, relevant at any point during their career. It can be used in the development of business skills, self-awareness, organisational understanding and to move specific business activities forward.

Coaching takes place in one or more meetings, generally held face to face, at a time and place to suit the client. The purpose of the meeting is a constructive conversation that generates actions the client can take forward.

I use a Solutions Focussed approach concentrating on: what the client wants to achieve; what is already working for them; what strengths and resources this highlights and how to build on these in achievable steps.

The relationship between the coach and client is built on respect. The client is the “expert” in their own situation and my role as coach is to help the client identify and harness their experience, skills and resources and apply these to achieve what they want in this situation.

The exciting fact is that every case is different in both organisational context and individual situation; this requires a flexible and adaptive style.

Clients’ say my approach is engaging, energising, enjoyable and creates quick and sustainable change for the better.

Executive Coaching

Executive coaching is a particularly cost effective application. Often senior executives work at a pace that provides little opportunity for reflection, feedback or personal development. Structured coaching conversations can help them to maximise the benefit to themselves and their business of their experience and expertise. It can also help them identify quick and effective ways to enhance their performance, achieve specific goals and maintain their edge. Senior managers have often commented on the value of having “an external” perspective and the confidentiality which is assured.