

What is Coaching?

Coaching is support, guidance, help, encouragement and it is traditionally solution focused. I coach in a safe, non-judgemental environment where together, in a strong safe therapeutic relationship, we can explore your thoughts, feelings, ideas, dreams and goals. Finding a new self awareness, and understanding your drivers and behaviours is the catalyst to change, growth & achievement.

I am proud to offer **Bespoke Personal Coaching to my clients**

I often give my clients homework which means that the time and commitment given to the sessions by the clients will reap the most benefits. The sessions are primarily lead and driven by you with me gently steering. I offer my clients regular monthly reviews and check in's to ensure that the coaching is going the way they want it to be so we can keep on track, and keep moving forwards, with a clear idea of where we are heading. The goals and direction may change and evolve but the whole point is to ensure progress is being made, as this is where the growth is.

Ways I coach:

Ultimately Coaching is about resolving an issue, achieving a goal or goals, taking action and making a change or finding a way to accept a situation as it is as well as simply learning to let go. By taking action we can learn to heal and find a more satisfying way of being.

During our course of sessions we will regularly assess progress and direction so that we can be sure that you will be on the right path and you are getting the most from your Coaching.

Coaching is traditionally a solution based therapy however there may be times when you just simply need time and space to talk. Ultimately I work with you, I am led by you and whatever you bring, and we work in a way that is right for you.

I Coach in a person centred way, am experienced in using all of the methods below and I therefore adapt my coaching style to fit with my clients needs in the moment.

Coaching Clarity - Coaching Modalities Explained

Wellbeing Coaching:

I help my clients to find the motivation and tools to get to their physical, spiritual and emotional health in order.

Transformational Coaching:

In simple terms, transformational coaching is focused on enabling self-actualisation. Far more than 'options-strategy-action' to attain goals or clarity or to get better at something, transformational coaching dives deep into an individual's psyche, focusing on who that person is and desires to become. Transformational coaching is therefore an ontological approach because it is about 'being' rather than 'doing.' Transformational Coaching for me is about going deeper so that my clients can understand more about themselves which in turn enables them to move forward and overcome challenges that they might be facing. This type of coaching may be over a longer time period of months rather than weeks and is a journey of self discovery.

Solution Based Therapy:

Developed in America in the 1980s by husband and wife team Steve de Shazer and Insoo Kim Berg, along with their team at the Brief Family Center, they founded solution-focused brief therapy on seven basic philosophies and assumptions.

These concepts are key building blocks in the formation of the solution-focused approach:

1. Change is both constant and certain.
2. Clients must want to change.
3. Clients are the experts and outline their own goals.
4. Clients have resources and their own strengths to solve and overcome their problems.
5. Therapy is short-term.
6. Emphasis is on what is changeable and possible.
7. Focus on the future - history is not essential.

The solution-focused approach is a humanistic therapy, which focuses on self-development, growth and responsibility. It is goal-directed and focuses on building solutions, rather than on solving the problems that clients bring to therapy.

Business Coaching:

Business coaching is the practice of providing support and occasional advice to an individual or group in order to help them recognise ways in which they can improve the effectiveness of their business including start ups and visions for the future. It can also include having a coach to bounce off creative ideas with and goal setting to reach targets as well as weeding out and overcoming problems. I quite often find that it is my clients personal issues, limiting beliefs and relational issues that are holding them back from growing their business so I focus on building the foundations and getting the core right firsts so that the business can grow from a stable foundation in order to be successful.

Personal/Life Coaching:

The personal/life coach helps individuals gain awareness of and clarify their personal goals and priorities, better understand their thoughts, feelings, and options, and take appropriate actions to change their lives, accomplish their goals, and feel more fulfilled.

Career Coaching:

The career coach helps individuals identify what they want and need from their career, then make decisions and take the needed actions to accomplish their career objectives in balance with the other parts of their lives.

Relationship Coaching:

The relationship coach helps people to form, change, or improve their interactions. The context can be work, personal, or other settings. I work on communication and getting to the root cause of the problem. Again this is work around awareness and personal development. I work with one person presenting with relationship difficulties to enable them to positively change their behaviour in the relationship.

Targeted Behavioural Coaching:

Coaches who provide targeted behavioural coaching help individuals to change specific behaviours or habits or learn new, more effective ways to work and interact with others. This type of coaching often helps individuals who are otherwise very successful in their current jobs or are taking on new responsibilities that require a change in specific behaviors.