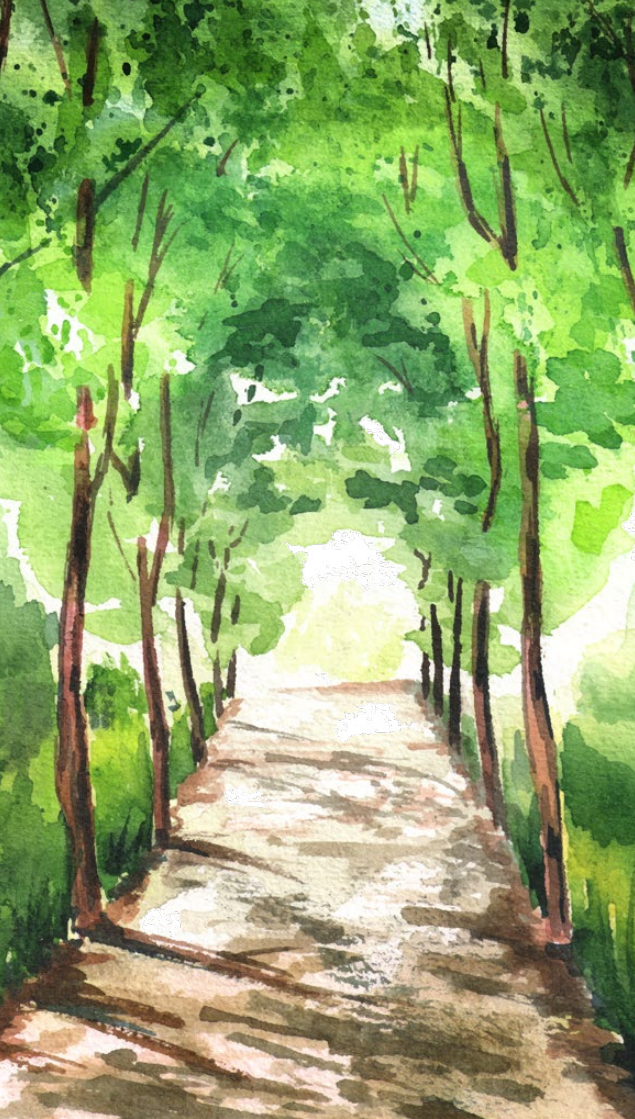




Creative coaching solutions for life's challenges

One-to-one coaching for individuals
and business consulting to organisations
by *coach***consult**



Our coaching mission is to help you to become the best version of yourself. This may be for work or life situations, to develop your leadership, your relationships, to help your career, to help with life's transitions or to find creative solutions to your challenges.

You choose the path

The agenda will come from you, the client. Coaching will be focused on your needs and work to your agenda. You will decide your goals for the overall programme and for each individual session. Diagnostic tools like psychometric assessments or 360 degree feedback can be deployed if desired.

As the coaching progresses, you will become increasingly aware of who you are, your values and principles.

The here and now

The coaching will deploy the most relevant methods to your situation. It is primarily focused on the here and now, but we may occasionally seek to understand the origins of your behaviour by looking back on past situations. We will seek to understand both your work and life context. Some of the principles of neuroscience may be deployed to help desired new behaviours to become habitual.

You are resourceful

In our approach, you are resourceful. The coaching relationship will be a partnership of equals. We do not act as experts, but facilitate the emergence of your own solutions. You will be accountable for your defined actions and we will be your advocate for self-awareness.

We synchronise and engage with your thinking, emotions and body. Exploring tone of voice, body language as well as language used.

The tone will be constructive, and the conversation open.

Experiment with new approaches

We offer a supportive approach and a safe environment so you can feel free to take risks, experiment with new approaches and try out different behaviours. We are non-judgemental and impartial. Various techniques will be deployed such as those from the world of athletics, visioning, role play, and the use of images and objects. You will have time to think and challenge your assumptions.

Step outside for inspiration

Coaching can take place inside, via Zoom, or outdoors in a garden, park or woodland. Walking side-by-side metaphorically and physically reinforces the notion of accompanying the coachee. It encourages better breathing and offers a completely atypical setting for thinking; generating deeper creativity and inspiration.



A relationship based on trust

Any coaching relationship must be based on trust. It is the relationship that is the catalyst. We will take time to build rapport, gain trust and commitment. Sessions will be strictly confidential. We are empathetic and use our curiosity, highly attentive listening, and questioning.

We know that issues can arise from both our private and work lives and so take a holistic approach to all aspects.

Richard's approach to our sessions was dynamic, rigorous and candid.

His ability to cut through the noise and suggest insightful techniques very much supported my aspirations.

Shyam



Interested in finding out more?

Please call Richard on +44 7484 637006
or email info@coachconsult.co.uk

www.coachconsult.co.uk