

*'Can I thank you very much for all your support and help. By speaking to you I was able to think clearly and find the energy to find a new job and move on with my life.'* (Services Manager, Jan 2010)

### What kind of typical career and personal development issues do people have?

- I am technically excellent but to get to the next level, I need to develop confidence and impact.
- I'm looking for a new job, but I'm not sure whether to try something new...
- Even though I'm good at what I do, I'm not sure where I want to be next...
- I often wonder whether I should change direction completely and do the thing I have always wanted to do.
- I've been bypassed in several promotion rounds...
- I really need to be better at \_\_\_\_\_ at work; I've tried quite a few things but I haven't really cracked it...

You may have unique issues and challenges of your own – let's hear them!

### How coaching can help

It's often helpful to be able to talk to someone in confidence and 'offline', someone who is not your boss/ friend/ colleague/ family member. That gives you the space and freedom to fully explore your issues, with no vested interest in any particular outcome. People usually find that when they have a clearer understanding of what their real issues are, more options appear and solutions come through with relative ease.

Please contact [amy@amybarnesconsulting.com](mailto:amy@amybarnesconsulting.com) to book an appointment. Sessions are charged on an hourly basis. Typical hourly rate is between £80 to £150 depending on circumstances, number of sessions required, location and so on.

Amy Barnes is a seasoned executive coach. She has worked with people from corporates, government and charities. She is offering private practice in recognition of the need and importance of providing freedom and confidentiality for individuals outside organisational boundaries. Amy worked for 15 years in corporate roles. She holds an MBA from Warwick Business School as well as a Post Graduate Diploma in Gestalt Psychotherapy Theory. She works as an organisational consultant, coach, facilitator and artist.

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