

# Coaching

*'Amy is an assertive and innovative individual who challenges you yet has the ability to provide a supportive and 'safe' environment which allows you to take risks. She recognises both your strengths and achievements as well as encouraging your own personal awareness of how far you have developed. She is a pleasure to work with.'*

## **When is development coaching most useful?**

Development coaching is most effective when individuals are dissatisfied with their current situation and when they are feeling 'stuck' in some way. Previous coaching relationships have enabled individuals to effectively work on the following issues:

- Confidence, gravitas, presence
- Career direction
- Change of direction
- Interpersonal sensitivity
- Developing effective interpersonal relationships
- Balancing 'professionalism' and 'realness'
- Feeling that you could 'do more', 'do better' or 'do something else'

Creativity is highly encouraged and I often experiment with clients to develop awareness and experience potential options. Common tools such as action-planning are used automatically by individuals as they become more aware and committed to their own outcomes.

## **What is the coaching approach?**

The primary coaching approach I use is Gestalt coaching. A common interpretation of the word 'Gestalt' is 'whole'. This means that a person's situation is seen as a whole rather than just its component parts. The approach is based on 3 principles:

- Focusing on what is happening right now
- Getting a sense of the context in which the topic in hand sits, who and what is involved
- Being, relating and conversing authentically between coach and client

Using this approach, I am able to bring into awareness the client's pattern of operation and by surfacing those patterns, clients are able to make self-adjustments which bring about change.

For a free discussion or exploratory session please contact me on 07939 0009239.

Read about the differences between [different types of coaching](#) (PDF)

Depending on the volume of coaching, supervision arrangements can and have been made.

*"Change occurs when one becomes what he is, not when he tries to become what he is not. Change does not take place through a coercive attempt by the individual or by another person to change him, but it does take place if one takes the time and effort to be what he is -- to be fully invested in his current positions." (Beisser)*