



Coaching

Coaching is forward looking and focuses on what you want to achieve. This may include exploring what is getting in your way, what your strengths are and how you can move forward. Because coaching is based on the belief that you have the answers within you, your coach will actively listen to you, reflect this back to you and ask questions to help you identify your path ahead.

Coaching is a professional relationship that will help you to find the key to create the changes you want to make. Whether it is a career move, gaining confidence, progression or a complete change.

What to expect

- A safe environment where you are really listened to and heard without judgement or assumption.
- Being asked questions that help you identify what you want to achieve and how to do that.
- Support to put in place a plan that will work for you
- A partnership with your coach where you choose the destination

During your coaching journey your coach may use a number of different methods to help you create a plan for your future. These may include:

- Completing an introductory questionnaire to help you define what you want to achieve through coaching
- Clarifying what you want to focus on in each session and what difference that will make to you
- Identifying specific actions and changes you want to take to move forward
- Looking at different theories, whether they resonate with you and how they may assist you
- Visualising your future, what may get in your way and what can help you
- Practical exercises to increase self-awareness and insight

Before deciding whether coaching is for you, we offer a free no obligation 30 minute 'chemistry session'. This session is to see whether coaching will be right for you and whether we will be the right coach for you.

Please get in touch if you would like more information or a no obligation 30-minute chemistry session

Joanna Young 01227 388143

Joanna@wildgeeseleadership.co.uk