

What is coaching?

Coaching is a professional relationship. When you choose us as your coach we will begin by agreeing the outcomes you would like to achieve at this stage in your life. Your People Inclusive Coach may focus on your professional, business, or personal development, but ultimately the choice is your's. We also specialise in coaching people who wish to change their job or career. We are also experienced in working on work / life balance issues as well.

We will coach you by:

- ◇ engaging you in a series of structured one hour sessions to help you define clear and achievable goals
- ◇ offering you support, acknowledgement and sometimes challenges
- ◇ using tried and tested methods to improve your understanding and self-knowledge, with the aim of you reaching your goals
- ◇ taking account of who you are, the support and resources you have available to you already, and what you might wish to change

During this process, you may be asked to:

- ◇ explore your career – how did you get where you are today? What do you want to change?
- ◇ work out your unique achievements, skills and abilities
- ◇ examine what if anything blocks you, or prevents you from changing or carrying out any new ideas
- ◇ consider how to keep all the many varied aspects of your life in balance
- ◇ live a rich and fulfilled life and change any habits which are no longer helpful

Coaching is completely confidential, we will never divulge anything about what you tell us to anyone else.

We will offer you an introductory session to begin with. Your agenda can be very diverse, and it will be our role to ask for clarification, to reflect back to you where you are, and to support, encourage and enable you to make changes.

www.peopleinclusive.co.uk

Biography

Carolyn has been coaching since 2004, and trained with the Coaches Training Institute (www.coaching-courses.com). She is a member of the International Coaching Federation (www.coachfederation.org.uk) and abides by the ICF ethical code and coaching competencies. In addition to coaching private individuals, Carolyn also coaches people in the workplace. She is a Fellow of the CIPD and an Ambassador for the National Training Awards. For any more information please contact Carolyn direct.