

## *Coaching*

People usually come to coaching because they want things to be different. As such, coaching is a positive experience designed to help people work in new ways. It is a fully confidential process, which provides space to explore issues and experiences, to develop reflective self-awareness, to generate and test out ideas and arrive at decisions and actions that feel right. It is a partnership where we work together as equals to tap into your own resources to enable you to make change and fulfil your potential. As a coach, my role is to facilitate the clients thinking, to help them generate ideas and understandings, to challenge assumptions, to ask powerful, stretching questions and to support them as they take action. Coaching is not about giving advice - however, I will share any experience or knowledge that feels relevant to the issues they want to address.

At the first session, which is usually for two hours, I will ask the client to tell me a bit about themselves, their history and values, to tell me what has stimulated them to seek coaching at this time and to explore what it is they want from this process. If it would be helpful, I can also offer the opportunity to complete various exercises including personality indicators such as Firo B and the Myers Briggs Type Indicator. However, the content of our coaching sessions are very much driven by the client's agenda and the issues that emerge from our conversations. At the end of the first session we can agree the future pattern of meetings. From experience we would probably need a minimum of two or three sessions to make any real progress.

Coaching can be provided to individuals in South Central SHA

If you would like to find out more about coaching then please contact:

Amanda Layton

Mobile: 07917 808552

Email: [amanda@LaytonLearning.co.uk](mailto:amanda@LaytonLearning.co.uk)