

Executive Coaching Case Study

I started coaching with Colin at a very timely stage in my career.

I'd been working in a fixed term project role, due to come to an end, and was faced with working out what I wanted to do next. I felt worried about the future and unsure where to focus my effort to make the best progress.

Colin started by helping me to see the bigger picture, asking broader, thought-provoking questions that helped me re-evaluate my perspective on the challenge and understand what was really important to me. In subsequent sessions, we then explored different aspects in more depth, always using simple but effective tools to move me closer to my overall goal.

Through the powerful questions he asks, Colin helped me to rethink problems, which has led me to consider options I wouldn't have thought of otherwise. He has challenged me in a constructive way, and offered observational feedback where it had the most value, which always felt positive and taking this on board has led to positive outcomes.

Working with Colin has transformed how I've thought about my career options.

The future remains uncertain for now, but I now look forward with positivity rather than fear, knowing I have the tools to remain in control.

I would thoroughly recommend Colin to any leader looking for a safe place to work through challenges, and have valued the environment he creates to be open and honest without fear of judgement.



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6 sessions
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