

Example Coaching Case Study

RL, who joined the University last year in a new and challenging role, undertook a series of 6 coaching sessions during her 3-month probation.

This is what she said about the experience:

"Simon coached me over a probationary period in a new job. I have no doubt that this, my first experience of coaching, accelerated my adaptation to a very different professional role, a new working environment and culture.

Simon helped me to:

- learn to actively listen out for my own voice and my own solutions
- remember to trust myself and follow my instincts
- recognize the constraints that I was applying to myself during this early period, to identify more positive and effective behaviours and to make a commitment to actions that helped move me forwards in the direction that I chose

I would strongly recommend Simon as a coach. He demonstrates professionalism and commitment to his clients. His personal qualities, combined with his strong understanding of the process of coaching, deliver results and equip his clients with strategies to support their own personal and career development into the future."