



1:1 COACHING FOR PRIVATE CLIENTS

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THE COACHES

Nick Taylor is a Level 7 Advanced Executive Coach & Wellbeing Consultant.

Nick is a highly skilled Coach, compassionate and with a breadth of experience. A Sevenoaks based, friendly and approachable Coach specialising in supporting individuals with personal challenges, career exploration, motivation and happiness, working through challenges to find perspective and achieve more.

Specialisms

- Social confidence and presence
- Coaching for men
- Step-dad pressure
- Teenage boys with anxiety
- Difficult conversations
- Supporting men with relationships
- Personal Development
- Small business owners
- Career Coaching - thinking about a change or stuck in a rut?
- Identity - understand who you are as a partner, a professional, a parent...

Coaching Style

I have a warm and straight-talking approach, helping my clients to establish what is realistic and possible. I am friendly and compassionate, with a good sense of humour, encouraging a reflective approach to make progress with my clients. Think of me as an impartial critical friend, asking questions designed to provoke reflection and challenge your thinking, supportively holding you to account



I can meet you at a venue of your choice, perhaps your home, a walk in the countryside or a quiet coffee shop.

Text me or phone me to introduce yourself and we'll go from there. I offer a free consultation to begin with, either on the phone or video call.

THE COACHES

Nina Moore is a highly skilled and experienced Coach & Wellbeing Consultant.

Nina is a warm and compassionate Coach with a big heart, a strong moral compass and a deep commitment to empowering people. Maidstone-based, Nina is passionate about supporting individuals through coaching to secure improved wellbeing, health and resilience, and to find perspective and sustainable solutions when life throws a curveball. A cancer-survivor herself, Nina specialising in supporting individuals with personal adversity challenges, self-efficacy and finding purpose.

Specialisms

- Finding purpose
- Self-efficacy
- Personal adversity
- Cancer diagnosis support
- Personal Development
- Career Coaching - thinking about a change or stuck in a rut?

Coaching Style

I am authentically warm, friendly and open. I am committed to nurturing and exploring by asking questions that prompt you to look deeper; to reflect and to challenge your thinking, your habits and self-limiting beliefs and behaviours. I understand the struggles of life and work with humility and openness to coach individuals to feel more resilient in times of challenge or change.



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WHAT IS COACHING?

Coaching is structured conversation designed to provoke reflection and deep thought, in order to achieve progress towards an outcome. The client is supported to become secure with the reality of a situation - with reality, one can find perspective - the only worthwhile place to start from.

A Coach's role is to ask questions that challenge and often 'push buttons'. Being coached can be emotionally exhausting because you can expect to be 'pushed' to be open and honest.

REFLECT AND 'GET REAL'

Humans are at their most self-aware and often perform at their best when they are vulnerable. In times of crisis, we often talk about seeing a person's 'true colours'. In a coaching session, being candid and open is when you will be at your most vulnerable. It is a skill to demonstrate the ability to be honest with yourself in order to reflect and 'get real' - find perspective. Saying things out loud for the first time can be cathartic.



You will be encouraged to think about when you are at: your best, your worst, your laziest, your most effective, your most impressive and your most motivated. Expect your opinions and your comments to be challenged to encourage honesty, remembering that honesty promotes vulnerability and stimulates improvement and development.

Coaches are often regarded as 'critical friends'. A friend will often tell you what you want to hear but a Coach will ask you questions that you need to hear.

**Self-awareness - Emotional competence -
Resilience - Purpose - Identity**



SESSIONS

Sessions are usually an hour or 90mins, depending on your requirements and can be conducted online or in person.

You may be issued 'homework' between sessions, designed to help you reflect.

A Coach will learn as much about you as possible, exploring 'what makes you tick'. You will discuss your goals and aspirations, your day-to-day professional and personal challenges. It is time dedicated solely to you, to talk about you.

'WHAT MAKES YOU TICK'

How often do you get asked a really powerful question which stops you in your tracks? How often do you make time for yourself to indulge in high quality reflection and prioritise your own wellbeing?

How often do you allow yesterday to control today?

Reflect, improve, achieve.

When do you perform at your best?

When does life feel easy and straight forward?

What do you want to 'keep', 'ditch' or 'tweak' in your life?

How does it feel when you face resistance?

What do you need to do more of?

What have you achieved this week?

How does it feel when you fail?

What are you going to do next?