

# COACHING & MENTORING

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# WHAT IS COACHING?

As well as an opportunity for development, coaching can be equivalent to a talking therapy and a chance to offload. Coaching is structured, supportive conversation designed to provoke reflection and deep thought, in order to achieve reality.

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 honest and open is when you will be at your most vulnerable. A vital leadership skill is the ability to be honest with yourself in order to reflect and 'get real' - find perspective.



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.

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

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Each session will be conducted online by a Level 7 Advanced Executive Coach and last approximately one hour.

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

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?

## 'WHAT MAKES YOU TICK'

Your 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.

How often do you allow yesterday to control today?

**Reflect, improve, achieve.**

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**When do you perform at your best?**

**When does your role feel easy?**

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

**How does it feel when you face resistance?**

**What do you need to do more of this term?**

**What have you achieved this week?**

**How does it feel when you fail?**

**What are you going to do next?**