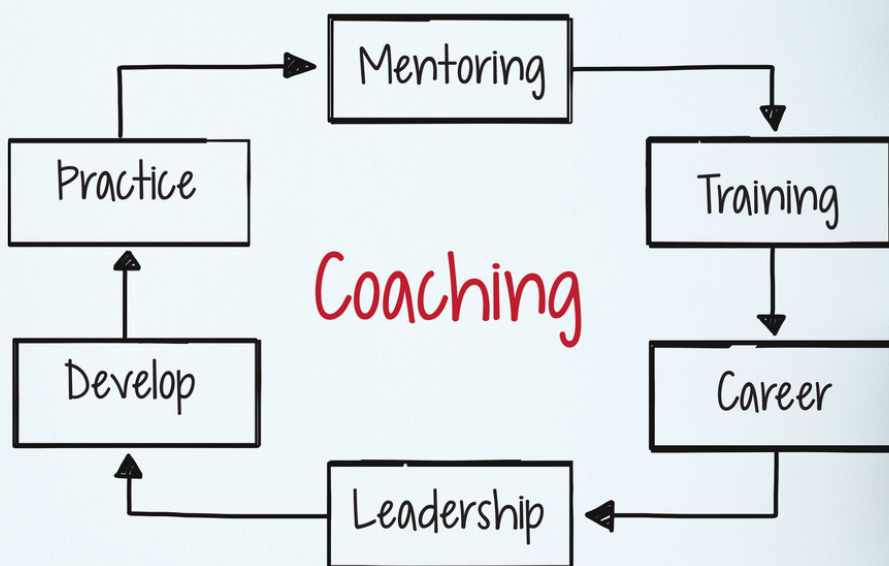




1:1 COACHING

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THE COACH

Nick Taylor is a Level 7 Advanced Executive Coach, Wellbeing Consultant and former Senior Leader.

Nick has a warm, supportive and friendly approach with a good sense of humour and most importantly, he understands first-hand, the challenges, strains and frustrations that come with leadership at all levels. Nick is a highly skilled Coach, compassionate and with a breadth of experience.

Nick can support business leaders with:

- Leadership Support
- New to Leadership
- Personal Development
- Emotional Competence
- Resilience
- Career Progression
- Emotional Regulation Check-in
- Interview Coaching
- Difficult Conversations
- Difficult Decisions
- 'Imposter Syndrome'
- Confidence in Leadership
- Public Speaking and Presence

Leadership can be lonely. Sometimes all that is needed is a supportive, impartial and non-judgemental 'ear' to offload to.



Coaching is 1:1, completely confidential and can take place online or in person if distance permits.

Usually it begins with a brief consultation video call to establish the client's requirements and then we go from there, with no obligation. Most clients book one session and then decide if they wish to continue.

Depending on the requirements of the client, a coaching relationship can be ongoing for regular fortnightly/monthly check-ins or limited to a course of 4-6 sessions to work on something specific like interview technique or difficult conversation training and practice.

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 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 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

Each session will last approximately one hour and will be conducted online or in person if practical.

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

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.

'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 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?