Feedback on weekly coaching over 3 months

Client identifies as female and is 45 years old

Working with Philippa has helped me think differently about what I want from this stage of my life. I came into coaching having spent much of my career focused on progress, achievement and what might come next. Through our conversations, I have begun to recognise that fulfilment doesn't always have to mean pursuing the next role or the next professional challenge. Instead, I have been able to step back, understand what is really driving me, and think more deliberately about how I want the different parts of my life to fit together.

A particularly valuable part of Philippa's approach has been helping me understand the *why* behind my ambitions. I now have much greater clarity about why career advancement and success matter to me, and I know that some form of that will continue to be important going forward. At the same time, I have realised that there are many different ways of achieving that sense of purpose and fulfilment. Rather than feeling that there is one obvious path I should follow, I can now see the range of options open to me and make choices that feel much more aligned with my values, priorities and circumstances.

This way of working has helped me to untangle some of the different threads of my life — career, family, personal priorities and my own sense of identity — and consider them together rather than treating them as competing demands. I have become much more comfortable with where I am now and better able to appreciate what I have already built, while still retaining the ambition and motivation that are important to me. That has enabled me to craft a path forward that I am genuinely excited about, rather than simply moving towards the next achievement because that is what I have always done.

Philippa's experience in the corporate world has also been invaluable. She understands how organisations operate and the pressures and expectations that can shape career decisions, but she never imposes a particular answer or direction. Her questions are insightful, practical and thought-provoking, helping me to develop my own understanding and arrive at conclusions that feel right for me.

Another important outcome has been finding a better balance between my own priorities and the needs of my family, rather than automatically allowing one to crowd out the other. Philippa has encouraged me to be more present in my life, to recognise what genuinely matters to me and to think intentionally about how I want to spend the years ahead. I feel more aware of my choices and more confident that I can make decisions that work for the whole picture of my life.

Philippa's coaching style is warm, thoughtful and gently challenging. She creates the space to think deeply and honestly, while asking the questions that help you see familiar patterns from a different perspective. Her approach is both reflective and forward-looking: it gives you the opportunity to understand yourself better, but also helps turn that understanding into greater clarity, confidence and purposeful action.

I have come away from our work with a much clearer sense of what matters to me, a greater belief in the range of possibilities available to me and a genuine excitement about what comes next. Perhaps most importantly, I have found a greater sense of peace with where I am today — while feeling confident and energised about where I can go from here.