

Whole Spectrum Coaching

Our particular talent as coaches is to take something that on the surface seems challenging and **help you find the angle that takes it to a whole new level** and create something brilliant. Our starting point is often your values, as these hold the key to understanding mindsets and creating new possibilities. It's as if **we can see the diamond in the rock** and know how to break through to reveal what's waiting inside. We sprinkle a little magic so it can shine. We are adept at exploring patterns and connections where at first there seem to be none.

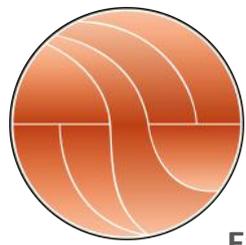
Our clients find this powerful, as it enables them to break out of current limiting mindsets and step into new territory, for themselves and their business. This is what **turns something problematic into something valuable** in terms of both self-awareness and impact. Our supportive, engaging way of working that the difference and sets us apart from other coaches and mentors who focus only on action plans. We know that actions are vital, of course they are, otherwise it's just all talk and ideas. But **when ideas and actions stem from new and empowered mindsets rather than old limiting beliefs, they become more impactful, sustainable and have greater reach.**

Being independent from the organisation means we help you take a step back, gain a wider perspective and consider issues from different angles. Sometimes our support takes the form of **mentoring**, in that we bring and share our wealth of expertise and experience of leadership, alongside strategy development, organisational growth, change management, governance and team dynamics. We are clear to signpost this as we believe in a transparent approach and demarcation of roles.

We begin our coaching assignments with a **chemistry meeting**, which is free of charge, to establish if both parties feel that the relationship will be successful. Once that confirmation is in place, we put a **coaching contract** together, specifying practicalities such as how many sessions, the location and so on, and set goals that you want to work on.



We are members of the Association for Coaching and abide by their Code of Ethics. We are also able to offer **coaching supervision** as qualified supervisors for workplace and independent coaches.



Whole Spectrum Coaching

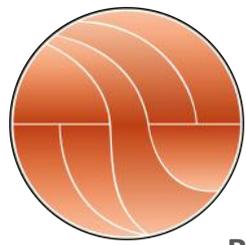
Executive and Leadership Coaching

We offer Executive and Leadership Coaching, either as part of a wider **leadership transformation programme** or as a standalone element for individuals or teams wishing to commission highly experienced coaches and mentors.

Senior leaders frequently say “it's a lonely place”. They gain significant benefit from having a **trusted partner** in the form of their coach with whom to share concerns, act as a **sounding board** and support them to realise their vision. They say that they can find it hard to open up to those around them in the organisation and / or at home, sometimes out of fear or a lack of trust, sometimes out of a desire to be seen to be strong, sometimes because they don't feel that they should share what can feel like the burden of leadership.

We bring an approach to our executive and leadership coaching that is designed to **take the loneliness out of leadership** and provide a **collaborative, safe space** within which you can share concerns and ideas openly. We do this by:

- Taking the time to create a coaching contract that has meaning and value for you, that is focused on you, at the right pace and frequency
- Getting to know you and your role, your business, your team, your priorities and challenges
- Working with your values, beliefs and mindsets and supporting you to explore how these both serve and block you
- Encouraging you to identify the purpose of your leadership and the legacy you want to create in your role or business, which then creates a naturally powerful framework for decision-making and the capacity for a clear conscience even when you face significant challenges

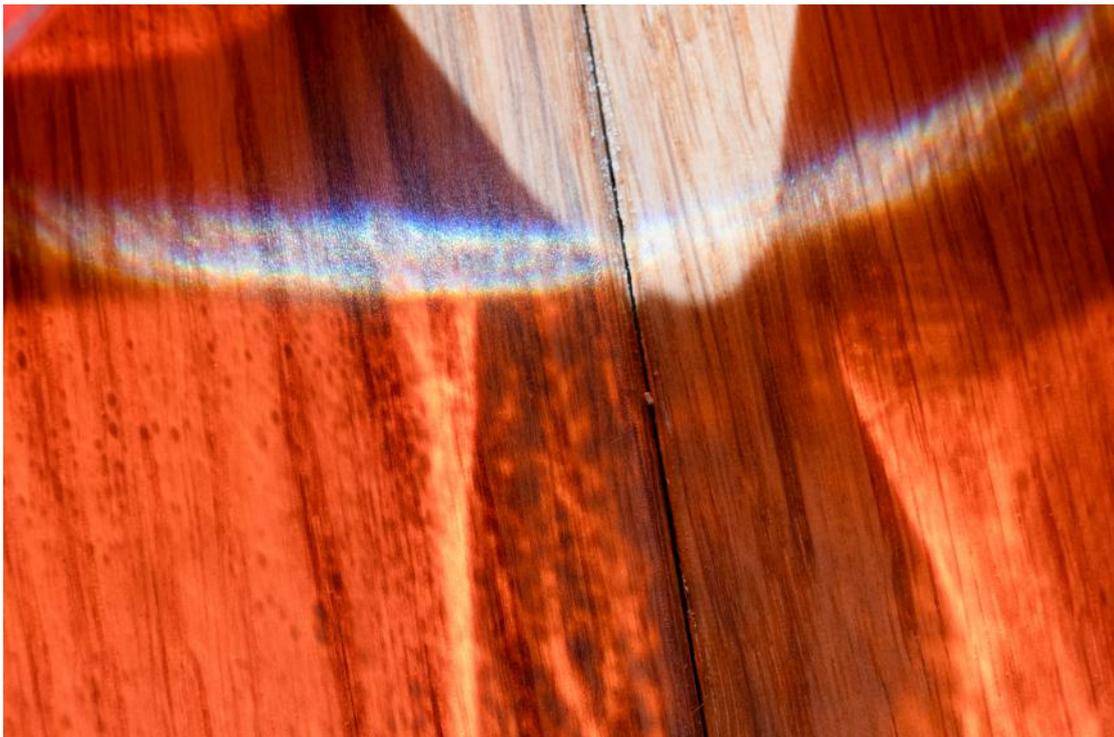


Whole Spectrum Coaching

Business Coaching and Mentoring

We have supported a range of small business owners, start-ups and those who are self-employed as well as leaders and managers working within larger organisations. We have worked with web designers, photographers, holistic therapists, financial advisors, jewellery makers, hairdressers, artists, GPs and retailers, as well as coaches, trainers and consultants in many fields.

Whilst becoming or being a business owner is for many a realisation of an aspiration, it can be both exciting and energising and exhausting and stressful! Having scheduled sessions with someone who is both objective and supportive is invaluable, as it provides a safe place in which to **share concerns, grow ideas into actions and focus on priorities.**



If you are interested to explore how working with a coach or mentor could help you see the bigger picture, please get in touch and we'd be happy to talk through your requirements.