

North East Coaching Collective

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Coaching style

I love working with clients as they begin to explore their ability to create meaningful mindset change in unique space created by a coaching relationship. Beginning from the moment they relax into the session I invite them to gain clarity on where they are now and challenge themselves in a way that can unlock their potential from the past, in the present or their thoughts about the future.

My experience of pure coaching, at time of writing, is still in its infancy but I have spent 1000s of hours in one-to-one settings during my personal training career. I've seen first hand the impact of a teaching versus a coaching centred approach. The personal confidence and growth which occurs when an individual defines and refines their own pathway and goal in line with their personality and values is completely different to being told what they should or need to do.

During my introduction to "what is coaching" it was suggested that in time we will wonder how and why any other approach was used.

Key skills

ILM Level 5 Certificate in coaching and mentoring; one to one health and wellbeing coaching and training.

Career background

I have worked as a personal trainer in the health and fitness world for the last six years. I was introduced to coaching around three years ago within North East Together, network for social change leadership, and more formally with the Institute of Leadership and Management (ILM). I have been integrating a coaching style and ethos into my sessions and using a slightly more physical version of Biofeedback to help clients understand the link between their bodies, minds and goals.

Before moving into the wellbeing industry, I worked as a sales consultant in the biochemical industry predominantly in the NHS biochemistry laboratories. Prior to that I completed my PhD in inorganic chemistry at Loughborough University while playing semi-professional football.

My path initially seemed disjointed and unlinked but the common thread throughout my life has been a growing awareness that all disciplines eventually overlap when you take a person centred approach, open up to free flowing respectful communication and allow my highest values to guide me.

Oh, and I do love to smile, be joyful and curious.