

# North East Coaching Collective

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## Gareth Osborne



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### Coaching style

Gareth's clients describe him as having excellent listening skills which lead to a balanced, perceptive approach to coaching. This approach is complemented with a tenacious and responsive coaching style. Gareth allows his clients the space and time to find their own solutions whilst not shying away from asking the difficult questions. This powerful combination enables his clients to achieve truly transformational results.

### Key skills

- Consistently enabling clients to have eureka, life-changing moments
- Developing heightened self-awareness of the impact of behaviours
- Exploring measured responses versus reactions and the impact on relationship dynamics in work and home environments
- Balancing a present-day focus whilst building a future-focus vision with the articulation of clear outcomes and objectives
- Achieving desired outcomes expeditiously through pertinent and probing questioning
- Adept at virtual coaching with clients often commenting they prefer it to face-to-face

### Career background

Gareth has worked in a variety of roles and sectors, at executive and board level for the last 20 plus years. Gareth established his own successful consultancy, coaching and mentoring business in January 2014. Gareth's experience extends from healthcare and education to charities, social enterprises and professional services. Gareth is also a non-executive director and trustee at St Anne's Community Services and a guest lecturer at Leeds University Business School.