

# North East Coaching Collective

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## Helen Rutherford



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### Coaching style

My coaching style is informal and supportive, I work with you to identify your goals and focus on your agenda and priorities. I'll work with you to overcome any barriers and use questioning to help you become more self-aware, identify actions and a way forward. We'll discuss and set your goals in our first session, with review of actions so far when we follow up and further discussion to help you improve and achieve your goals. Particular areas of focus include managing change, dealing with difficult situations, improving relationships, time management and career aspirations/transition, with the opportunity to focus on other areas to suit your needs.

### Key skills

Individual coaching; managing change; building resilience; relationship management; career/transition; time management and positive wellbeing

### Career background

My career includes working in the public, private and voluntary sectors with experience in the logistics, retail and auto industries. I've worked in various fields including change management, HR, communications, planning and operations. My main focus for several years has been the successful management of change in an operational environment and the stakeholder management, coaching, learning and engagement activity supporting this. I have experience of managing teams of various sizes, including those who are geographically dispersed.

I spent several years working with voluntary and community organisations, social enterprises and education to work with them to address their needs. I have a great interest in supporting the VCSE sector with my coaching practice.

I'm a Change Management Practitioner (APMG), qualified to ILM level 5 in Coaching and Mentoring and a member of the Chartered Institute of Personnel and Development (MCIPD).

## **Client testimonials**

*'Sometimes you can't see the wood for the trees and my coach challenged me to think differently and has helped me a great deal'* Change manager

*'The coaching helped my self-confidence and I've grown my effectiveness with my colleagues'* Operational manager

*'My coach helped me think about how I can approach tasks differently, I feel more confident dealing with situations outside of my comfort zone'* Manager