

Looking for a coach?



Coaching for social change in the north east

www.yeswecan.community/necoachingcollective
@necoachingcoll | #NECoachingCollective

Are you a leader or manager working for a small or medium charity, voluntary organisation or social enterprise? Are you working independently for social change? Would you benefit from an independent coach to help you in your role? If so, the North East Coaching Collective is here to work with you.

We know people in leadership roles working or volunteering to support those most in need in our region can feel lonely, overstretched and burnt out, and can find it hard to make time for their own development. Coaching is a great tool to help you grow, learn more about yourself, work out what you want to do, help you solve problems and think through a tricky situation. Coaching can also help you when you're in a good place to plan your next steps, achieve a goal and become even better in your role.

What is coaching?

Coaching gives you the time to think and reflect; to talk with someone independent about you and your aspirations. Your coach will work collaboratively with you and use questioning, listening, observation and feedback to help you find your way forward.

How can coaching help you?

Coaching can help you to

- find your own solutions
- increase your self-awareness
- improve your sense of direction and focus
- increase your resilience
- achieve your goals
- gain insight and learn

How much does it cost?

Coaching with the North East Coaching Collective costs £90 per hour. And in our experience, a coaching programme of three to six 90-minute sessions (4.5-9 hours, costing £405-£810) enables most people to make the change they want to make.

Ready to get started?

Contact Robert Laycock
robert@yeswecan.community

What topics can you bring to coaching?

People bring all sorts of areas, issues, challenges and opportunities to coaching for example

- developing personal insight and managing more effectively and with confidence
- leadership including working more effectively with others, developing relationships and collaborating with others
- talking about your career and aspirations both inside and outside of work
- building resilience and managing workload

Finding a coach...a step by step guide to how it works

It's straightforward to be matched with a North East Coaching Collective coach

- Step 1** Identify your coaching need and fill in our *Getting started with coaching form* to think about what you want to get out of coaching
- Step 2** Be matched to a coach – you choose from one of our coaches or we can match you (see coaches on page 3-5)
- Step 3** Talk to your coach about your coaching needs and goals
- Step 4** Meet for a free get to know you session to check the fit between you and your coach
- Step 5** Agree to meet for three to six coaching conversations
- Step 6** Tell your coach how coaching has helped you and bring the coaching relationship to an end

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

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Our coaches

Di Robertson

My coaching style is still developing but clients have said that I am warm and energetic and good at asking questions. I am focused on people making progress and understanding what is preventing them from getting where they want to be. I like sessions to be informal and creative, and conversations will often cover many aspects of a person's life to understand where people's strengths and motivations lie. I believe coaching is a shared experience where the development of a trusting relationship is key. My aim is to continue to learn and develop skills as a coach and to make the experience as worthwhile as possible for every individual.

Duncan O'Brien

I love working with people as they explore possibility, discover fresh insight and create change in their personal and professional lives. A great coaching relationship begins with the unique offer, along with its acceptance, to take a moment for yourself. As this moment expands an opportunity to grow becomes clear. This purposeful exploration becomes complete, or complete enough, when you learn what is important and what is needed to move forward in a personally meaningful way.

Gareth Osborne

Over the years, my coaching clients have told me that the coaching they have had with me has been nothing short of life-changing. I believe we can all derive massive benefit from coaching, myself included. I provide a completely confidential, non-judgemental safe-space for my clients to unpick challenging situations and relationships. My clients tell me the sessions are cathartic, therapeutic, and even self-indulgent. We rarely prioritise ourselves, but how can we be the best version of ourselves if we don't?

Graeme Thorpe

I enjoy working for people through providing them with an environment that allows them to explore what they really want to achieve in sport, life or work. I believe that each person has the capacity to develop a deeper awareness of their challenges, which can bring out the "inner champion" in a way that they help themselves to stay focused on what it is they are trying to achieve. People are already connected to themselves and when awareness becomes clearer it leads to a greater understanding of the choices they have.

Helen Rutherford

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. My areas of focus include managing change, dealing with difficult situations, improving relationships, time management and career aspirations/transition, as well as focussing on other areas to suit your needs.

Jacqui Jobson

I'm passionate about supporting people to achieve their goals and ambitions. I focus on being by your side, questioning and challenging you to explore and act on positive change, using a strength-based approach. I believe coaching is a powerful way to identify and break down barriers to reaching your potential. I'm interested in exploring how experiences of discrimination and inequality impact on our lives. People tell me that I'm down to earth, enabling, approachable, challenging and kind - I aspire to be creative, open minded and to make a difference.

Julie Scanlon

I enjoy supporting people to draw on their greatest resource – themselves – to maximise their potential, explore options, clarify and attain their goals. My approach is facilitative and client-led, offering a safe space for reflection as well as support to take action. Clients are coached to find their own solutions and end the coaching relationship feeling better equipped to face their challenges, present and future.

Lin Simmonds

My commitment to coaching derives from an abiding commitment to fairness in all walks of life. I have participated in movements, campaigns and societies that aim to achieve egalitarian goals and eliminate discrimination. I believe coaching is another process through which individuals can secure their own empowerment and liberation as they achieve their goals. I want to help connect you with your own resourcefulness in order to meet and overcome challenges that may initially appear overwhelming. I work to support you to feel empowered and to identify and achieve your aims and objectives in a timely and safe way.

Lynne Barr

My initial approach is to understand the person, their lifestyle, their aspirations and often their frustrations. This insight is developed through the coaching journey. I encourage clients to reflect for themselves, to determine what is possible for them and then to make the changes needed. I want to continue to use my skills to enable people to achieve more, those who need to do something different, especially people who do not normally have access to this valuable one to one support.

Ngozi Lyn Cole

I believe everybody has the potential to achieve their personal life and work ambitions and the passion to realise their ambitions. I also believe that everybody needs a little help sometimes. I help people to achieve the highest levels of performance, whilst maintaining their well-being and celebrating their progress. First, we identify the most important issues. Next, we explore these issues thoroughly. Finally, we focus on unlocking the right set of insights and solutions.

Pippa Kendall

Coaching offers a unique opportunity to pause, reflect, and to bring about transformational change for yourself or your organisation. My coaching style aims to be curious, empathic, challenging, optimistic, and enjoyable. We work together to establish a trusting and open relationship, to deepen and extend your thoughts, knowledge and aspirations, and then to plan your preferred future so that you can achieve the change that you identify you want.

Robert Laycock

My first experience of coaching was in 2009. Since then I've accessed coaching support at a number of key stages in my career. Having experienced the transformational power of coaching first hand, I've developed my own coaching practice to provide individuals and teams with similarly powerful and purposeful spaces for development.

Stephanie Cole

I know how important it is to have time to think about your work to make change happen for yourself, for your organisation or team and for your community or region. Coaching gives you that time to think. My coaching style is collaborative, a partnership of equals, based on trust and openness, with us both working towards you being who you want to be and achieving what you want to achieve.

Sue Osborne

I am told I have a naturally warm and empathetic style. I am complimented for the deep, insightful questions I ask and for my excellent listening skills. I believe I am adept at exploring sensitive topic areas. I know I hold my clients as being naturally creative and resourceful. I embrace the opportunity to work virtually, recognising the flexibility this offers many of my clients.

You can read more about us on our website www.yeswecan.community/cccoaches.

About us

We are committed to our region and our sector. We care about developing people and we care about you.

We also all

- ◆ hold a coaching qualification to at least level 5
- ◆ work to a shared code of practice, the *Global code of ethics for coaches, mentors and supervisors*
- ◆ take part in regular supervision
- ◆ are members of the Association for Coaching

North East Coaching Collective is an initiative of North East Together, the network for social change leadership. It is supported by Yes We Can, a north east social enterprise developing social change leadership in the north east.

About Yes We Can

Yes We Can develops social change leadership in the north east.

We work with social leaders to be better leaders, managers, trustees, networkers, collaborators, facilitators, coaches and mentors. We offer training programmes, workshops, coaching, mentoring, action learning, one on one work with organisations, facilitation and other initiatives.

The Yes We Can team is Robert Laycock, Stephanie Cole, Duncan O'Brien, Cath Brown and Marie Foalle. We've been working together since 2016.

yeswecan.community
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North East Coaching Collective

Robert Laycock, robert@yeswecan.community
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Our principles

We work to the following principles

1. people are resourceful
2. our role is to develop your resourcefulness through questioning, challenge and support (we don't tell or give answers)
3. coaching is a collaborative and equal relationship
4. coaching takes whole life approach
5. you bring and set the agenda
6. coaching is all about change and actions

We are grateful to Jenny Rogers for inspiring our principles.

About North East Together

North East Together is the network for social change leadership in the north east.

Our collective mission here at North East Together is to create the conditions, and platform for, collaboration to become the norm in the north east and to nurture a healthier social change system.

Our network offers mutual support, enables collaboration and inspires social leaders. We offer a series of dynamic network events; whole day events, self-organised collaborative working groups; pathways into coaching; and independent social change events.

North East Together is hosted by Yes We Can and is a collaboration between Yes We Can and Newcastle University Business School.

medium.com/northeasttogether
twitter.com/socialleadersne