

Free Coaching Opportunity (Feb – May 2019)

Do you want to make a change in your professional or personal life? Coaching can help you to move forward, make plans and achieve goals.



As part of my own professional development I'm currently studying to become a qualified Coach on a fully accredited coaching Diploma in Performance Coaching; accredited by both EDI (UK Academic Accreditation body - Education Development International) and NCP (UK Professional Standards Body - National Council of Psychotherapists).

Central to completing this qualification, I'm required to demonstrate the ability to plan, deliver and review at least 12 hours of coaching. This entails working with an individual in a life, personal or performance coaching context. I'm currently approaching the end of my training and am seeking a final **volunteer 'coachee' who'd be interested in having some coaching sessions** (obviously without charge).

What can I expect as a volunteer coachee?

Ideally, this is for people who want to make a change in either personal or professional life and need someone neutral with whom to talk things through. Coaching doesn't entail offering solutions or giving advice, but rather through asking questions, it provides you with an opportunity to focus and expand your thinking, address obstacles and help you (*if you're ready to*), make a plan to move things forward.

When will the coaching commence: Sessions can be booked between Feb to the end of May 2019.

How often: 3 face-to-face coaching sessions.

Time: Typically, each coaching session will last 60 to 90 minutes.

Location: The meetings will be arranged at a mutually convenient location. I'm based near Northwich in Cheshire, so you might want to bear this in mind.

As an example, the sort of things people typically request for work based coaching include; issues around leadership skills; delegating work; improving communication; conflict; assertiveness etc. Personal goals can be anything from wanting to be more confident in social situations to trying to find a better work/life balance. Obviously, these examples by no means represent an exhaustive list.

All the discussions will be kept entirely confidential between us. You will be required to complete a coaching agreement form, which just confirms your details and that you understand that I'm still training and not yet a fully qualified coach.

My Background

I work in learning and development as a training consultant. A sample of my current qualifications include:

- BA (Hons) graduate in English
- CIPD Assoc
- Over 15 years' experience working as a professional learning and development consultant, training and coaching people in a business context, with particular expertise in communications skills.
- MOS certified IT trainer
- Founder of the training company pdtraininguk details of which are outlined on my website www.pdtraininguk.co.uk

How to volunteer

If you are interested in taking part in these coaching practice sessions, please contact me at lhornsby@pdtraininguk.co.uk.

Many thanks and I look forward to speaking with you.

Best wishes

Lesley Hornsby