

thinkfreer

# COACHING FOR PEOPLE WITH POTENTIAL

Where are you now?



- Need more head room to think through ideas and plans?
- Want to find different ways to realise your untapped leadership potential?
- Facing challenges that you need to approach differently?
- Looking to increase your influence and impact as a leader?
- Taking on a new role with wider responsibilities?
- Feeling stuck in your current setting, or at a career crossroads?

These are just some of the big questions that people take up in coaching with **Thinkfreer**. We start coaching with the questions you have, some of which will be very clearly formed, and then we help you figure out if these are the best questions to ask.

[www.thinkfreer.com](http://www.thinkfreer.com)

## Who is coaching for?

**Thinkfreer** coaches people in all walks of working life. Our aim is to help you become the best that you can be, to feel more self-expressed, more fulfilled and achieving results you can be proud of. Coaching is confidential between coach and coaching client, we leave it to you to report back to your employer about how it's going and the impact it's having. In our experience, the outputs of coaching are self-evident in new found confidence, clarity and personal impact at work. Our coaching clients often report that they also notice a stronger sense of purpose, drive and energy within themselves.

## How does it work?

We recommend an initial programme of 4 coaching sessions, spaced 4-6 weeks apart. That way you can shape your goals, work on them and see your actions bear fruit. We create 'head-space' for you to address the opportunities and issues that are most pressing for you at key points in your life and career. Coaching gives protected time to think, explore options and work out pragmatic actions that can be immediately applied. We always keep longer term goals in mind and we will test them out with you as you go.

## The Coaches

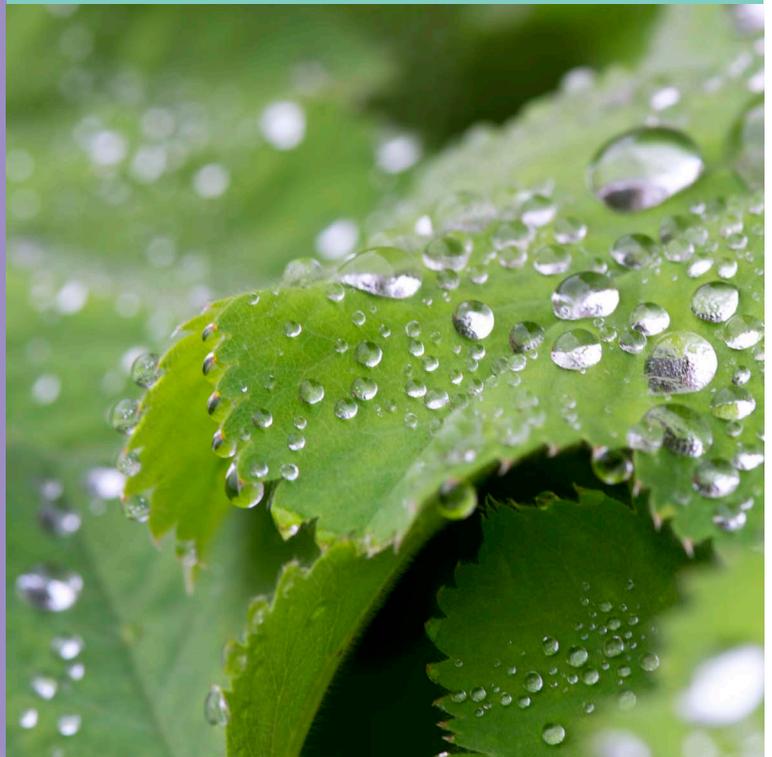
**Thinkfreer** coaches are all active members of professional coaching bodies including the Association for Coaching (AC) and the European Mentoring and Coaching Council (EMCC). As well as coaching others, we are coached ourselves and undertake regular reviews of our coaching practice to ensure we always give our best to our clients. We work in a diverse range of business settings and have coached for organisations including: Newcastle University; Durham University; Nexus Passenger Transport Executive; The NHS (medical and non-medical leaders); Granada Learning Assessment; IT leaders in various organisations; business owners and start-up entrepreneurs.

## What happens in coaching?

Within a coaching session, you'll find lots of careful listening, thought-provoking questions, reflecting back new insights and discovering new frameworks that you can very easily apply. Sometimes we will build in a personality framework such as the Myers Briggs Type Indicator (MBTI) to deepen insight about what inspires, helps or hinders you, and others. We can coach in situ in the work-place, so long as there's somewhere you can go 'off-grid' for a while. We can arrange off-site venues so that face to face coaching time is as productive as possible. Sometimes we arrange for coaching sessions outdoors, walking in the woods or around an art gallery. Skype is a wonderful thing for clients who are further away, and occasional email helps you stay connected in between sessions.

## Benefits

Coaching is a highly flexible and cost-effective investment in management and personal development. You can enjoy the benefits of having time and space to think, to be creative, build your confidence to resolve issues that distract from realising potential – all with minimal time away from getting on with the business of the day.



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## Find out more

We are always happy to hold complimentary discussions for anyone considering if coaching is for them. To find out more, contact **Alison Freer**, Lead Coach at [info@thinkfreer.com](mailto:info@thinkfreer.com)

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