

*Core Belief: "The key to elicit the brilliance of human beings is through conversation"*



## CONTACT

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## QUALIFICATIONS

- Institute of Leadership & Management Level 5 Executive Coaching
- Institute of Leadership & Management Wellbeing Coaching
- Psychotherapy Panic Healing (WPHF - Certificate)

## AFFILIATION

**Coaching Supervision:**  
Provided by The British School of Coaching.  
**Affiliate Membership:**  
International Society of Qualified Coaches



*"Great work is done by those who are not afraid to be great"*

# FRANCES SARAH

*Executive & Wellbeing Coach*

## A BIT ABOUT ME

I'm a personal growth advocate... In the business of 'Life Optimisation', with coaching as my tool I help people GROW, THRIVE & SUCCEED in the lives & business they imagine for themselves.

My role is to guide my clients to reach their full potential without sacrificing their wellbeing.

**Life Philosophy:** *"You have to dream & move your feet at the same time."*

## WHAT I DO

Clients work with me to develop themselves, their relationships, their businesses and their overall wellbeing.

My **SOLUTIONS FOCUSED COACHING** will allow you to break out of a difficult situation, invent a new future or possibility, and make a positive change to your productivity and quality of life.

## HOW I DO IT

I build client relationships based on integrity and trust. This is the foundation for strong partnership and co-operation in our coaching work together.

This is all about **YOU**, and therefore a personalised approach is required to tailor the coaching conversation to **YOUR NEEDS**.

**MY ONLY ASK:** Is that you challenge yourself to think beyond what you believe is currently possible, in order to realise & harness the greater potential within you!

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## WHAT YOU CAN EXPECT FROM COACHING

**COACHING IS...** a purposeful conversation or series of conversations. They may be some of the most powerful conversations you have.

Coaching is a conversation that aims to bring you from where you are now, to where you really want to be.

**MY ROLE AS YOUR COACH...** using my skills of active listening, questioning, observation and feedback; I will create a conversation rich in insight and learning.

I will guide you through a thinking process that enables you to explore the possibilities and new potential within you.

We will work together in an environment where you feel comfortable, safe and have space to focus and do your best thinking.

I am not here to judge or provide the answers. You are the best person to unlock the solution. If you ask me to share thoughts or suggestions I am happy to, but you are free to accept or reject them as you wish.

**YOU CAN EXPECT TO EXPERIENCE...** a focus and attention on you and your own circumstances, that helps you develop greater awareness insight and learning. I may at times challenge you to look beyond what you currently think is possible, in order for you to realise and harness the greater potential that lies within you.

**This conversation is all about YOU.**

## BENEFITS YOU MAY EXPERIENCE

- An improved sense of direction and focus
- Increased knowledge of self and self-awareness
- Improved personal effectiveness e.g. focused effort on priorities
- Increased motivation or sense of personal engagement
- Increased resourcefulness, resilience, e.g. ability to handle uncertainty & change
- Improved performance in an area e.g. professionally, personally, health, finances etc.
- Accelerated learning around a distinct topic e.g. managing people, influence etc.

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## WHAT COACHING IS NOT

Coaching is none of the following:

- A way of someone else solving your problems
- Structured training e.g. classroom learning
- Counselling, psychotherapy, psychoanalysis.

## HOW TO GET THE MOST FROM COACHING

It will help to come to our coaching session having considered your own objectives for the coaching.

**It may help to ask yourself some of the following:**

- What areas or topics might be most useful to work on with a coach? e.g. professional, general learning and development, personal?
- What goals do you have right now which you'd like to make more progress with? e.g. to make something happen, or achieve something.
- What learning and self-development goals do you have? e.g. get better at something or express certain qualities more (or less) often.
- Of the factors under your own influence, what might stop your involvement with a coach from being successful? e.g. distractions or a tendency to procrastinate.
- What thoughts are you having about coaching?

The intention of these questions is to encourage your initial thoughts. You may find there are ideas, questions or actions that arise from this thinking. That's great, jot these down and bring them with you to the first session.

Hopefully you now have a better understanding of the opportunity coaching presents. You may have also reflected on your own situation and goals, and can imagine how coaching might support you.

Looking forward to meeting you.

*Frances Sarah*

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