

Coaching Overview

Description of Coaching

Coaching is a partnership between the Coach and the Coachee in a thought-provoking and creative process that inspires the coachee to maximise personal and professional potential.

It is designed to facilitate the creation/development of personal and professional goals and to develop and carry out a strategy/plan for achieving those goals. As my coachee, you set the agenda and may choose to discuss topics relating to your private life as well as work. This is relevant because every aspect of life affects work performance. I view myself as your ally and professional peer, not an authority figure. I am committed to your growth and success.

Coaching Approach

I adopt a holistic coaching approach encompassing inclusivity and flexibility to meet your unique needs. My methodology combines directive and non-directive coaching techniques, allowing me to provide guidance and support while empowering you to explore your own insights and solutions.

Additionally, I incorporate consultative coaching, leveraging my expertise and experience to offer valuable perspectives and advice when needed. With a proactive mindset, I encourage you to set actionable goals and devise practical strategies to propel your growth and development.

During our coaching sessions, I use a variety of proven tools, techniques, and frameworks that are customised to your specific needs, providing you with a personalised and practical coaching experience. I am open to receiving feedback at any point during our engagement.

Coaching is a deeply personal experience and one that is built on trust. My role as your coach (amongst other things) will be to:

- provide support and a listening ear
- help you identify and uncover blind spots
- hold you accountable for the things you want to do
- guide you as you develop the relationships around you
- provide third-party perspective to situations and scenarios
- challenge ways of thinking (as a critical friend)
- be your bridge to help you move from where you are now to where you want to go

Progress Tracking and Evaluation

We will work together to create an action plan outlining specific steps, milestones, and objectives to be achieved throughout the coaching engagement.

This is your personal coaching plan, which we regularly review to ensure you are on track with your goals and are progressing in the right areas. Of course, let's also not forget to celebrate those milestone wins!

Confidentiality and Ethical Guidelines

As an Executive Coach, I emphasise confidentiality and ethical guidelines. You can trust me to respectfully handle your private and personal information and maintain strict confidentiality. I am committed to upholding the highest professional standards and ensuring the integrity of our coaching relationship. Creating a safe and trusted space for open dialogue is fundamental to our partnership. Therefore, I am dedicated to providing a confidential environment where you can freely explore as a leader.

Structure

Before we agree to coaching, we do a chemistry call to ensure we are a good fit. This lasts 30-45 mins and is outside of the packages below.

For the coaching sessions, we typically meet every 2-3 weeks. Each coaching session is delivered over Zoom and recorded for download and replay to deepen understanding.

Our first session will usually include some sort of reflection/assessment so we can establish a baseline to measure against at the end.

I provide a deep and rich experience between coaching sessions, including

- Notes, exercises and further resources relating to each topic we tackle.
- Content is curated to your specific circumstances, so we ensure you are equipped to take on the next chapter in your journey.
- My one-to-one support. I promptly answer questions, concerns and challenges by email or messenger between coaching sessions.

Pricing

Manager level	Pricing	Session Length	Duration (minimum)
Junior Managers	£500 per session	60 mins	Blocks of 3 sessions
Senior Managers/Executive Leaders	£825 per session	60-90 mins	Blocks of 6 sessions



FAMRUCH

COACHING + CONSULTING

Why choose ME as your professional coach?



I have experience of being where you are now. I bring that experience, plus my subsequent, senior, successful career AND my coaching expertise, to this assignment. My focus is on helping you create tangible and sustainable outcomes and results.

I have accumulated over 15 years of extensive coaching experience, working with individuals privately and within organisations across various sectors. My diverse background and deep understanding of the challenges faced in different industries have allowed me to provide valuable insights and guidance to my clients.

Moreover, my previous senior leadership roles at HSBC and Multiverse have provided me with invaluable firsthand experience in leading teams and navigating complex organisational dynamics. This unique perspective allows me to offer practical and relevant advice tailored to your needs.

I have had the privilege of coaching individuals from companies such as HSBC, Google, Citi, Publicis Media, and Multiverse, and I am proud of the results they have achieved. These successful coaching relationships have consistently yielded positive outcomes, empowering individuals to enhance their leadership skills, achieve their goals, and drive organisational growth.

I had Chichi as a coach during my time at Multiverse, and I can confidently say Chichi is truly exceptional at what she does. She gives you the time and space to think and reflect whilst asking powerful questions to bring you more clarity. I left every session challenged to think and act differently, which really supported my career & personal development. 1000% will recommend. Thank you, Chichi, for all your support over the past year, in particular.

T. Oyeleye, Enablement Lead

Read more of my recommendations on [LinkedIn](#).