

COACH

RACHEL  
INGHAM





*HELLO AND*

# *WELCOME*

COACHING IS A TRANSFORMATIVE JOURNEY, A PARTNERSHIP BETWEEN COACH AND CLIENT THAT FOSTERS PERSONAL AND PROFESSIONAL DEVELOPMENT. IT'S AN INVESTMENT IN ONESELF TO EVOLVE, OVERCOME CHALLENGES, AND ACHIEVE ASPIRATIONS. AT ITS CORE, COACHING IS ABOUT FACILITATING CHANGE AND GROWTH.



# KEY ASPECTS OF COACHING



**Self-awareness & Clarity:** Unearth insights about your strengths, values, and areas of development. This understanding forms the foundation for growth.

**Goal Setting:** Define clear, actionable goals. Whether they are short-term objectives or long-term aspirations, coaching aids in charting the path.

**Challenge & Support:** A coach offers both a mirror and a sounding board. While challenging you to push your boundaries, they also provide unwavering support in your progress.

# WHAT TO EXPECT

**CHEMISTRY CALL:** AN INITIAL CONVERSATION TO UNDERSTAND YOUR ASPIRATIONS, CHALLENGES, AND SEE IF WE'RE A GOOD FIT.

**IDENTIFY & ADDRESS:** TOGETHER, WE'LL PINPOINT THE CHALLENGE YOU'D LIKE TO TACKLE.

**PERSONALISED PROGRAMME:** BASED ON OUR CONVERSATIONS, WE'LL MUTUALLY AGREE UPON A COACHING PROGRAMME TAILORED TO YOUR NEEDS.

**EMBARKING ON THE JOURNEY:** WITH EVERYTHING IN PLACE, WE'LL COMMENCE OUR COACHING JOURNEY, NAVIGATING THROUGH CHALLENGES AND AIMING FOR GROWTH AT EVERY STEP.

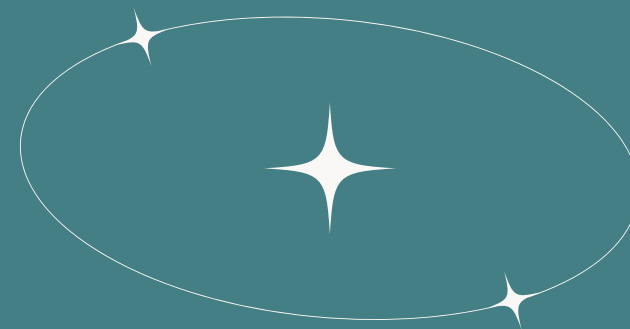




# *THE SPACE*

AN ESSENTIAL COMPONENT OF COACHING IS THE COACHING SPACE ITSELF. KNOWING THAT THE COACH HOLDS ETHICS AT THE HEART OF THEIR COACHING, CLIENT'S VIEWS ARE VALID AND VALUED - THE COACHING SPACE IS FREE OF JUDGEMENT.

MOREOVER ANYTHING SHARED IS HELD WITHIN CONFIDENCE ALLOWING THE CLIENT OVER TIME TO SPEAK HONESTLY.



WHAT I WILL REQUIRE FROM

# WORKING TOGETHER

PRE-SESSION

THINK AHEAD -  
WHAT IT IS YOU  
WOULD LIKE TO  
ACHIEVE FROM  
THE SESSION?



PRE-SESSION

EMAIL OR  
MESSAGE TO  
INDICATE THE  
FOCUS OF THE  
SESSION. THIS  
HELPS ME TO  
PREPARE



IN SESSION

BE OPEN TO  
THINKING  
DIFFERENTLY!



POST SESSION

COMMIT TO THE  
ACTION POINTS  
YOU GENERATE



# COMMON THEMES

Whilst you may well bring a unique problem to coaching there are common themes, these may help you gauge whether coaching support is right for you.

I have highlighted some of the most frequent themes below.

Overwhelm

Confidence

Interview  
technique

Career  
change

Difficult  
relationships

Voice in  
the room

Life balance

Tangled  
thoughts



## Rachel Ingham Coaching

*I HAVE ALWAYS BEEN FASCINATED BY HUMAN BEHAVIOUR. WHAT MAKES US TICK, WHY DO WE BEHAVE THE WAY WE DO, HOW CAN WE CHANGE?*

*IN PURSUIT OF MY INTERESTS I GAINED AN MSC IN OCCUPATIONAL PSYCHOLOGY, HOLD THE ADVANCED CERTIFICATE IN EXECUTIVE COACHING AND AM AN ACCREDITED PRACTITIONER WITH THE EUROPEAN MENTORING AND COACHING COUNCIL.*

*I AM AN EXPERIENCED COACH AND WORK WITH A WIDE RANGE OF CLIENTS FROM YOUNG ADULTS ALL THE WAY THROUGH TO THOSE PREPARING FOR RETIREMENT AND A NEW CHAPTER IN THEIR LIVES.*

*COMBINING MY KNOWLEDGE OF PSYCHOLOGY WITH COACHING TOOLS, I AIM TO CREATE AN UPLIFTING ENVIRONMENT IN WHICH WE CAN TOGETHER EXPLORE THE DILEMMAS BROUGHT TO THE COACHING SESSION.*

*ADDITIONALLY, I AM A CO-DIRECTOR AT SUPPORTING CHAMPIONS, A THRIVING PEOPLE DEVELOPMENT COMPANY SO UNDERSTAND THE DAY TO DAY CHALLENGES OF STARTING & RUNNING BUSINESSES.*





*DID I MISS*

# ANYTHING?

IF YOU WANT SOME FURTHER INFORMATION OR TO FIND OUT WHETHER WE COULD WORK TOGETHER EFFECTIVELY FEEL FREE TO CALL OR MESSAGE ALL MY DETAILS ARE BELOW.

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