

## Leadership check-in sessions

Outline – January 2025

### Summary

These confidential, regular check-in sessions give you the valuable opportunity to stand back from your work every fortnight and get an hour of space to reflect and discuss any issues you are facing, with the aim of helping you either reflect on them, find insights or solutions to them or simply share them. We can discuss anything that comes up for you - from organisational issues to personal challenges or goals.

### Who is it for?

These sessions are for Chief Executives and senior leaders, who have highly pressurised jobs but often have little internal support or time to stop and get perspective on their work, the challenges they face, and how they are feeling.

### How will it help?

Sometimes these sessions will not involve coaching, and other times they will. Their aim is to help you take a regular pause from your work, so you can stand back and gain perspective on it and how you are feeling within it. This is a valuable opportunity that most senior leaders do not usually have, and is made even more valuable by spending this time with someone who is both a coach and experienced organisation leader who can support you in navigating work issues along the way.

### What I aim to bring

I aim to help clients stand back and gain perspective on their work, lives, thought processes and the world so they can take a calm, wise and well-informed approach to addressing their challenges. I do this through:

- Active listening
- Experience in coaching and counselling
- Professional expertise in leadership roles, consultancy, social change and other areas
- Academic background in psychology and philosophy
- Experience of teaching perspective, reflection and life skills – e.g. through Life Squared ([lifesquared.org.uk](http://lifesquared.org.uk)).

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