

## Personal coaching sessions

Outline – January 2025

### Summary

Coaching sessions give you the time and space to stand back from your life and take stock of where you are, where you'd like to get to and how you can get there. They can help you explore any challenges you face, develop your life skills, consider what you want from your life and how you can begin the journey towards your goals.

As a coach, I also help people use a range of tools to help them reflect and build better lives, including seeing the bigger picture of their existence, considering what it means to be alive and helping them to build better informed lives.

### Who is it for?

These sessions are for anyone who would like to find the time and a supportive environment to explore any aspect of their life and find ways to move themselves towards a better future.

### How will it help?

Coaching can help you achieve a wide range of things, including gaining greater clarity, tackling problems or challenges, finding a new direction in life and finding greater meaning.

### 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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