

## Leadership check-in sessions

Outline – January 2025

### Summary

These confidential, regular check-in sessions give you a 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, discuss any challenges you're facing 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** – a skilled, person-centred approach to engaging with clients.
- **Experience in coaching and counselling** - I have coached in a workplace setting with different types of client and with private individuals. I have a Level 3 Certificate in Counselling Studies.

- **Professional expertise in leadership roles, consultancy, social change and other areas**, including building and leading organisations, creative direction, fundraising and communications, project management, social innovation and operations direction.
- **Academic background in psychology and philosophy** – MSc in Psychology and MA in Philosophy.
- **Experience of teaching perspective, reflection and life skills** – through publications, broadcast media and courses, including the life skills not-for-profit I founded, Life Squared ([lifesquared.org.uk](http://lifesquared.org.uk)).

## **Offer**

Our first session is free so we can get to know each other and you can decide whether my coaching is right for you. If you decide to continue after the first session, I suggest setting up around 6 sessions initially in order to build the relationship and feel the benefits of it being part of your routine. I suggest fortnightly sessions as this gives you a regular check-in point, and helps you remember and explore any issues that arise between meetings. I am open to other frequencies too though if you'd prefer.

**Please call me on 01273 964018 or email [richard@changestar.co.uk](mailto:richard@changestar.co.uk)** if you'd like to find out more or discuss how I could support you.

**Richard Docwra**  
**ChangeStar**