

## Work coaching sessions

Outline – January 2025

### Summary

Work coaching sessions give you the chance to stand back from your work and spend time with a supportive and experienced coach and leader who can help you reflect, build skills, tackle challenges and move forward to achieve goals in both work and wider life.

### Who is it for?

These sessions are for anyone in the workplace who needs training, support or a chance to review their work situation and aims. They can be tailored to people at any level of seniority and experience and in any role.

### How will it help?

Work coaching can help team members achieve a range of things, including building self-confidence, transitioning into a new role, addressing specific issues, preparing to step up into a more senior role, setting goals within their role and reviewing their overall work goals as an individual.

Our expertise in coaching enables us to also help team members learn and employ new skills, including strategic planning, fundraising, project management, time management and team working.

### 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, we can agree an initial number of sessions, at the end of which we can review progress against your goals. I suggest weekly or fortnightly sessions as this gives you a regular check-in point. 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**  
**Director**  
**ChangeStar**