

Coaching – An Offer

What is it?

Many large organisations (e.g. BT, Canada Life, Disability Rights Commission, Research Councils) have set up coaching/mentoring schemes because they are a very effective and flexible way to get the best from their people, especially senior staff. Coaching and mentoring mean different things to different people. It is difficult to define because at its best it changes from relationship to relationship. Coaching/mentoring can provide:

- Some good “thinking time” where you can get new perspectives, develop ideas, strategies and action plans
- A chance to explore situations you handled well so you can figure out exactly what you did – and then you can do it more often.
- Space and time to tackle knotty problems and dilemmas, and find solutions that suit your values and approach
- A way of challenging yourself to try different ways of working

My Agenda:

I am Christine Hardisty and I was Curriculum Development Manager and Lead tutor for the University of Bath’s ESF-funded Coaching and Mentoring programme in Swindon.

I am shifting the emphasis of my work from training and facilitation and want to develop my coaching practice. To get further accreditations from e.g. the Association of Coaches I need to build up more hours of experience of one to one coaching. I am a Fellow of the Higher Education Academy, I have a psychology degree and an MBA, and my professional memberships include the British Psychological Society (BPS). In keeping with BPS code of practice I have regular supervision on my coaching practice. Supervision is a bit like “coaching on coaching” and is a mechanism to enable coaches to operate professionally and continue to develop their skills.

My Offer:

I am offering coaching at reduced rates to voluntary bodies as a way to gather varied experience and get feedback and material for my supervision and further development.

- 1 hour contracting meeting at **no cost** to mutually decide if we might work together
- Negotiated reduced rates on a further 5, one hour meetings e.g. £40 per hour

In terms of my experience of voluntary sector, I was a management committee member of Focus for about 5 years, a School Governor for about 3 years and Chair of Governors for 2 years. You can get more information about me and my work by going to the links below:

<http://www.prdpartnership.com/about.htm> (Scroll down – I’m the fourth)
<http://www.cosmea.co.uk/>

I’d welcome your comments and feedback on this offer: you can email me at c.hardisty@cosmea.co.uk or phone for a chat on 07968-948459.