

Halina Jaroszewska is an Executive Coach, professionally certified by the International Coach Federation, working with leaders and aspiring leaders to turn uncertainty into a powerful tool for change and growth.

Her aim is to enable clients to take their success to the next level, switch surviving into thriving, and maximise their potential during challenging times.

Background & Coaching Experience

Halina's career includes personnel management with M&S and senior roles in education and the media.

She has an MA in Applied Educational Research from UEA and Cambridge Institute of Education; Mastery in Business Coaching, International Mozaik Paris; the Professional Certified Coach credential from the International Coach Federation [ICF]; and a 5-part Co-active Coach Training from the Coaches Training Institute accredited by ICF.

A coach since 1999, Halina has more than 2000 hours of coaching experience with over 70 individual and corporate clients.

Client history and assignments include: Avon Fire Brigade | Bank of America | British Airways | Barclays Wealth | BBC Wales | BP | Brewers of Europe | European Commission | European Parliament | Lloyds Banking Group | Thring Townsend | Search for Common Ground | Preferred supplier for UK Sports and GrowthAccelerator | Associate with The Coach Initiative, Artesian and Smart Coaching Training. As part of an associate team she has co-delivered a coaching skills programme within the aviation industry.

Coaching Approach & Benefits

The International Coach Federation Coaching Core Competencies and Code of Ethics are central to her practical, integrative approach as she works with individuals, teams and organisations through: tailor-made / bespoke coaching; specifically designed coaching programmes and workshops; facilitation for teams and shadowing.

Benefits for the client of this approach include:

- understanding the value of uncertainty as a powerful tool for change
- improving effectiveness, decreasing stress
- access to a thinking partner, a questioner who provides clear, purposeful feedback
- focus on overcoming challenges moving into solutions
- achieving clarity of vision, creating a way forward, developing change strategies
- a provocative but judgement-free sounding board
- powerful collaborative and confidential partnership
- realisation of potential beyond existing preconceptions exploring alternate perspectives
- opportunities to stand back, reflect, evaluate and realign priorities

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Selected Testimonials

'It was the small changes that I made which had the most impact by making me look at what I did with fresh and very different perspectives.' - **Regional Head of Emergency Services**

'My time is valuable, I do not use or spend it lightly. I value outcomes and I achieved a clarity of thinking that enabled me to change my life for the better. I recommend Halina without hesitation to any manager or senior executive seeking to resolve issues, move forward with greater vigour and personal freedom.'

- **Chairman & CEO**

'It's made me question things and make tough decisions. What was excellent was that Halina sensed early on that there needed to be some flexibility to help with work load of the senior managers. That understanding is really helpful and actually essential in my view.'

- **Senior Marketing Manager**

'Halina's coaching style is both challenging and supportive and had an immediate knock on effect; she's not afraid to make you ask the difficult questions about yourself. She adapted and worked in a style that suited me, really worked for me.'

- **Publishing Director & Board Member**

'I found my thought processes changing and wondered how Halina managed to do that. It finally sunk in and I realised that she was the catalyst and I was making those changes on my own through the challenges she offered. For those of you looking to be challenged, motivated, energised and occasionally do things that are different, then Halina is definitely the coach for you.'

- **Executive, Operations Banking Sector**

'My decision making process has definitely improved. Halina has a great questioning technique that ensures that you come up with the solutions to problems yourself.'

- **Head of International Licensing, publishing company**

'Raising my game beyond what I thought was possible really surprising colleagues and myself I created a national and international profile within my field with the confidence to influence what happens.'

- **Senior Partner, law firm**

Public Speaking, Workshops & Professional coaching contributions

Halina has been a guest speaker for: the Chartered Institute of Management's Women in Management South West; Business Women West; Lloyds Banking Group Breakthrough Network; Association of Women in Management; Association of Women in Property; London's City Business Library.

She has developed and delivered half day and full day workshops for organisations including: Gregg Latchams WRH; Lloyds Banking Group Sales Professionals; Lloyds Banking Group Breakthrough Network; Association of Women in Property; Women in Management. As part of an associate team she has co-delivered a coaching skills programme within the aviation industry.

Halina is a proactive member of the professional coaching community both internationally and in the UK. From 2008 – 2013 she was a member of the International Coach Federation Assessor team for ACC level of Credential helping ensure a high standard of credentialed coaches within the profession.

Halina was Director of Professional Development, Board of Directors, International Coach Federation in the UK from 2006 – 2008 with responsibility for creating, designing, implementing and collating outcomes of the Professional Development programme for 1000 coaches in UK. She has been South & West organiser of Hot Coaching Topics conferences since 2009.

**To discuss how Halina Jaroszewska can help
please call: 07718 658909 (international +44 117 927 2276)
or send an email to: halina@halinajaroszewska.com
www.halinajaroszewska.com**

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