

Halina's Approach – described as if Blogging from the harbourside in a 'fireside' chat

My key ideas central to my approach have been test driven overtime working with clients in the 25 – 55 age group.

Coaching is a powerful partnership creating that rare commodity time to think.

I am best known for enabling clients achieve the remarkable results they desire that they think are impossible.

We do this through a gentle yet tough process – bit like a fluffy dynorod – inquiring, investigating, ingenious insights.

Even in the first session of a coaching programme, working with this outstanding coach you can achieve remarkable results. Rather like the ripples initiated by dropping a pebble in a pond spreading beyond imagining; the butterfly wing flapping causing a hurricane; the changing seasons.

I role model by my actions, ideas, motivations. I enable others to see or understand problems in a new light. It is these insights that I bring to individuals, teams, organisations that people remember as being Halina'd.

Regulate yourself when triggered [so reflect]

Rewind your story to create new options [so rethink]

Respond from a new story to make new choices [so reboot]

My passion is to help clients to

- discover untapped resources
- become impressively recognised and sought after in their field
- get over themselves
- identify the impossible, break the rules, coax the possible into the present

all through an ingenious combination of laser questions, profound listening, reflecting back and tough on excuses!

Coaching on the edge of being fired is a delight as that is when the client starts to take their journey seriously.

Wayne Gretzky suggests that you always need to 'skate to where the puck is going to be, not where it has been'.

- ❖ How often do you let the past get in your eyes or the future disconcert you?
- ❖ What if you were brave enough to achieve the results you desire?
- ❖ Imagine ditching all those excuses, those lovely 'reasons why not' and go for it.
- ❖ Want to shift your whole approach from surviving to thriving?

- ❖ How about unleashing the YOU that sparks joy, would you choose that?

If these resonate might you consider investing time, effort and money in finding solutions? C
Check out that risk-free Chemistry Session now.

Some of the reasonable excuses and reasons why that we use so easily to let ourselves off the action hook:

- ✚ Communication should be easy but ...
- ✚ Stuck in the middle of ...
- ✚ Backed into a corner about ...
- ✚ Up against it
- ✚ If only they'd ...
- ✚ On the edge of but
- ✚ When I ... then I'll
- ✚ Want to be at the cutting edge but ...
- ✚ Urgently need that competitive advantage in order to ...
- ✚ Invoke the power of the ask, I couldn't because ...

If any resonate grab a risk-free Chemistry Session to deal with them for once and for all.

What to expect from this coach:

Being able to hear beyond, below and between what is being and not being said.

- Clients say I challenge individuals and teams to take risks which achieve more than they thought possible whilst supporting them through the process and believing in them when they had forgotten to do so.
- Clients agree that I bring a sense of reality back to current situation. Showing how by breaking problems down into bite sized chunks they're easier to deal with, how unleashing motivation in a subtle way enabling exploration diving deeply, broadly, successfully through action.

Clients wonder how I help them create those remarkable results.

How I enable them to make the shifts they want, change the behaviour that doesn't serve them, step into the hugeness of who they truly are, celebrate their successes and have their passion be the fuel that gets them through those 'survive just about' moments into the thrives superbly ones.

- The answer is in the process, the experience that I bring, the partnership which depends on how much investment is made by the client. Clients say I really get them.

'Exploring the unknown requires tolerating uncertainty'. *Brian Greene*
'Knowledge is an unending adventure at the edge of uncertainty'. *Jacob Bronowski*
'Uncertainty and expectation are the joys of life'. *William Congreve*