

**A cross section of Halina's clients spill the beans
having discovered they had been halina'd**

As a result of coaching, my decision-making process has definitely improved. Halina has a great questioning technique that ensures you come up with solutions to problems yourself.

Head of International Licensing, Publishing Company

Halina has excellent coaching skills that enabled me to get the most out of the opportunity afforded by the sessions with her. Things have worked very well as I have done them. Halina enabled there to be high degree of flexibility to accommodate my requests, which I appreciate. The programme has been extremely helpful and useful during very trying times. I'm confident that the coaching has helped me develop which has also been of benefit to the business as a whole.

Strategic & Business Development, Publishing Company

Coaching has given me a real insight into my core values and behaviour both in my eyes and those around me. The coaching then allowed me to find practical steps to modify my approach and behaviours to maximise my impact within both my professional and personal life. My team and colleagues certainly noticed the difference! I genuinely believe I now have a much better balance between my professional and personal lives and, as result, I am much more effective as a manager.

Board Director, Publishing Company

Coaching with Halina has I think made me take time to review myself. Not just the job I'm doing, which has allowed me to improve as a person as well as allowing my team to develop with me. This ultimately benefits the business through higher sales, greater productivity, and it is all happening. It has affected positively all areas of my life. I can't tell you the impact that the coaching process has had!

Senior Manager, International Business Development

In the four months of coaching sessions with Halina, I have managed to move my career on significantly after a stagnant couple of years. This has been achieved by bringing me as a brand to the fore, concentrating on what it is I want from life and what I can offer my employers, both in the short and long term. I have used the coaching sessions to address the changes and developments required to achieve this. Four months on, with a new confidence and a new role in the company, I have made significant steps in the right direction. She used powerful and insightful questions enabling me to take action myself.

Manager, Sales & Marketing

It has had a direct impact on the business due to the positive aspect which was all about communication to myself and others. There has been an immediate knock on effect. Halina's coaching style is both challenging and supportive. 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

Coaching has helped me enormously to refocus on areas of my personal and business life that needed some attention and some positive actions taken. It's made me question things and make tough decisions. Coaching is an essential treat not to be taken lightly. 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

As Chairman and Director of a number of companies in the healthcare field my time is valuable, I do not use or spend it lightly. I wanted to write to express my gratitude for the remarkable coaching provided. The coaching Halina provided was of a different order of quality and use. As a businessman I value outcomes and she certainly afforded me the opportunity to achieve clarity of thinking that enabled me to change my life for the better. I therefore recommend Halina without hesitation to any manager or senior executive seeking to resolve issues, move forward with greater vigour and personal freedom.

Martin Jarritt, Chairman & CEO Worklife Partnerships Ltd

You will recall I committed to 'change what I want' in respect of a difficult work situation. There has been a result in that, following our weekly senior team meeting, another colleague (who did not know about my decision) said, "I liked your attitude in that meeting. It was firm and it worked." I am surprised that my mental shift was so obvious to others. Halina's approach obviously pays dividends.

Women in Management Steering Committee member

I found my thought processes changing and wondered how Halina managed to do that. It finally sank in. I realised that she was the catalyst. 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

It was having someone to talk to about anything ... things that I couldn't talk about to anyone in the company. The biggest gift is to be able to resolve difficulties, challenges, and vulnerabilities in one's working environment that would normally be kept secret. For those to be safely exposed, discussed, and resolved was the gift. It was the freedom to do so in a confidential environment. There were the challenges, the looking at things from a different perspective. It puts you on a voyage of discovery with yourself all of which is facilitated and challenged by the coach.

Publisher, Publishing Company

Halina understands people and how they react to different situations. She has a fantastic memory! I think her best skills as a coach surround the ability to give you a different perspective on problem solving and people issues. She is a good listener. When I was stuck and needed other courses of action to consider, Halina would step out of coach role we'd consider then shift back into coaching perspective. It was all very clear.

New Media Development Manager

There were things in me that were drawn out by the coach through metaphors, challenges and questions. There were coping strategies explored. I would say something and through the coach's questions I would discover what it meant. Halina would take me deeper, the issue would get smaller and I would talk myself out of it by looking at it from a different perspective. It was discovering that I had choice that made the difference. There were things in me that were drawn out by the coach through metaphors, challenges and questions. There were coping strategies explored. I would say something and through the coach's questions I would discover what it meant. Halina would take me deeper and the issue would get smaller and I would talk myself out of it by looking at it from a different viewpoint. We usually spend time covering things up. Management coaching gives us a chance to lay it bare, to get help, to kill the demons.

Senior Team Leader, Publishing

The coaching has helped me to focus my thinking around things that were really important to my quality of life. I really appreciated having a completely objective sounding board who also kept me committed to the actions I had discussed.

Financial Director

With prompting and encouragement – I raised my game beyond what I thought was possible and really surprised colleagues as well as myself. I now have created a national & international profile within my field and have the confidence to influence what happens.

Senior Partner, Law Firm

Rarely is there an opportunity today to discuss a subject, receive a positive response and encouragement back and that is what Halina has constantly provided.

Senior Partner, Law Firm

Coaching has helped me to clarify my thinking, focus and prioritise issues around my private and business lives - and most importantly to recognise the importance of making time to continue this in the future. I have decluttered and ditched baggage both physically and emotionally thus created the time and space to look for opportunities to best use my talents (about which I feel very positive) in the future. I am confidently ambitious.

Senior Partner, Law Firm

Halina is a great listener and at the same time is prepared to step out of coaching mode in order to suggest causes of actions. She understands people, how they react to different situations. She has a fantastic memory! I think her best skills as a coach surround the ability to give you a different perspective on problem solving and people issues.

Senior Partner, Law Firm

The opportunity to discuss issues with someone out of the business and who is completely objective is invaluable. It gave the opportunity to test out your thinking and learn about yourself. Everything you discuss and work on can be applied to all aspects of your life.

Vice President, Container Management

With great care, empathy and inspiration she provided the catalyst for growth and a surge in my personal confidence, whilst all the time putting me in charge of the process.

Translator, European Commission

At a turning point in my life I chose coaching and as a result I have become far more aware and a great deal calmer in taking everyday decisions at work. Also, I have learnt to be organised so that life admin does not take over my life. From feeling daunted and unsure, I have developed a greater sense of clarity and vision. It has and continues to help me so much that I strongly recommend a course of coaching with Halina to anyone facing a time of change or in need of support.

Policy Writer, European Parliament

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. I tried new ways and they worked! My personal PR improved dramatically. The power of silence was most informative.

Regional Chief of Emergencies Services

As a Vice-President for business development in the company my role is demanding & challenging. Through the work I have done with my coach, Halina, I am learning techniques to ensure that I manage situations better & their outcomes impact more positively on my life. By choosing to focus on certain areas within my professional & personal life I am taking control of my life. A huge consequence of this is that I feel much better about myself and am constantly learning 'life lessons' about myself & the people in my life. To have a wise counsel whose encouragement & reflections have allowed me to learn so much & has given me the hunger to learn & know more has been an exceptional experience. Her lightness and laughter has enabled me to achieve acknowledgement of my potential to be the best I can for which I will be eternally grateful. Halina is an amazing person and an exceptional coach. I recommend her to you unreservedly.

Vice President, Business Development

Coaching has helped me to see where I was coming from & enable me to move forward to where I want to be. It has given me acceptance – to accept all of myself. Coaching has helped me to stop criticising and putting myself down myself, to start to appreciate the good I do for myself and others.

Musician/ Music Teacher

The coaching has helped me to focus my thinking around the things that were really important to my quality of life- and I really appreciated having a completely objective sounding board who also kept me committed to the actions I had discussed.

Business Development Director

Halina helped me to order my thoughts & focus on the things that are important in my life. Not to worry too much about other people and concentrate on myself. I still try to think of a positive thing at the end of the day, although sometimes I forget which is positive in itself.

Personal Assistant, to MD Investment Banking

Halina has a completely professional approach to her clients. She inspires in them a sense of empowerment, worth and the feeling that we can achieve our goals. She is an excellent motivator & organiser. Her time management is exemplary.

Health Professional

Halina took me through a process and it was the actual experience of seeing and exploring my resistances so clearly to the point that they no longer had power over me that worked. Raising my bar then became possible because I was no longer paralysed with fear and I found my voice.

Health Professional

The coaching that Halina has offered has really helped me to focus on areas of my working life that I have not had the chance to consider in depth before. The sessions have allowed me the opportunity to think around and question different aspects of my working behaviour that I would have felt challenging previously.

Learning & Development Manager, Law Firm

I am a stronger person now when dealing with people at all levels. I'll speak out now in larger meetings. It is all that I wanted. I have my job and the company in perspective now. The biggest benefit has been knowing me better, being more aware of behaviour and how to change it. As you know at the beginning when it was suggested I have coaching I thought it wouldn't help me in any way and thought it a bit strange but right from the start of our relationship I thought you were a lovely bubbly person. You made me think, you pushed me, but in a gentle way. You have given me confidence in myself and I now know that I can and not that I can't. I speak out at meetings, where once I wouldn't have and you taught me how to deal with colleagues especially the difficult ones.

Senior Manager, Printing Company

Having a completely impartial ear was fantastic and we shared things I wouldn't / couldn't have shared with any mentor from work. I did not expect to achieve so much in one hour nor to cover the ground that we did! I have already acted on some of the suggestions we came up with and I am working on the rest.

Manager Operations & Salesforce Communications, Banking Sector

I have had a couple of sessions with her and they have been absolutely excellent. In the last couple of weeks, she has helped me to get CV up together along with prospective letters. I never thought my CV could look as good as it does. I haven't had to over-egg the truth either. It's not cheap, but you get what you pay for. I put my new CV on the internet 2 days ago and have had two calls already from other banking organisations. You also get lots of telephone support from her and she is very motivating. She really makes you feel like she is working with you and no-one else. I'm sure it will end up being the best value for money I have had in a very long while.

Coaching Manager, Specialist Services Telephony Operations, Banking Sector

Halina has been my coach for nearly one year. Rarely have I ever been lucky enough to spend my development time with someone who has an aura that is so energising and motivating. Halina "oozes" energy and positivity which has triggered a real "can do" attitude for me as her client. 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. I now think and walk tall EVERY day and I've successfully trialled some of the ideas with my team, with plenty still left up my sleeve for a rainy day. Whilst it's all a little nerve-racking, I'm cutting the strings. I'm going to "go it alone" for a while. But I know that I still have the opportunity to go back. For those of you looking to be challenged, motivated, energised and occasionally do things that are a little "off the wall", Halina is definitely the coach for you.

Executive Operations Banking Sector

I found Halina encouraged me to do my own thinking, stimulating me to work things out for myself, not handing answers on a plate. That way I learned to help myself. Focusing my mind on what I really wanted [and needed] to do for myself to help me move forward, Halina's coaching enabled me to address key issues for myself but also enabled me to see how I could do it [and did it] for myself. Much more empowering! I also found her to be a motivating, enthusiastic and very intuitive coach.

Career Changer Lead, BT

The coaching sessions have helped enormously in enabling me to take time to think so as to focus on important issues, to prioritise and organise my thoughts about my future. It has been useful from a practical point of view, in encouraging me to take action where needed, but it has also helped me to consider my attitudes and feelings.

Senior Lecturer, Tertiary Education

Thank you so much for yesterday. To talk about myself like that, with your insightful prompts nudging me along was so enlightening. I've never done anything like that before and wow, it's really helped me see things more clearly. And I can see how the ideas that arose from our time have been converted into simple, practical steps to take, which make me feel I really can change the way I 'sell' myself. To have a whole hour of your precious time and expertise, devoted to me, was a huge privilege. Thank you.

Romany Simon Head of PR at Pieminister

I just wanted to say thank you again for the Networking session in Exeter yesterday, it was a great opportunity to talk to colleagues outside of my immediate workplace. I took a lot away from yesterday's session and will be putting it into practice imminently!! There's a whole two floors below mine to utilise!

Business Manager, Business Banking Customer Services

'You're a diamond. Thank you so much and to show how much I appreciate your wealth of expertise and for you helping me to identify and celebrate my own! I can't thank you enough.

A Starkie Forensic Scientist

I have felt very privileged to have Halina Jaroszewska as my coach over the last four years. She has enabled me to transform many aspects of my work and play – and, perhaps more importantly, to look at the themes and patterns of choices and behaviours that I operate from. Through developing my awareness in this way, I have frequently been able to free my-self up from feeling stuck and then approached my choices with greater authenticity and clarity.

Mary Maybin Life Planning and Career Coach

Halina is an expert in language – always listening intently to the client, picking up on any nuances and asking focused questions which get right to the heart of the issue. Her wonderful humour, imaginative approach and lightness of touch as a coach have helped me to stretch my thinking and shift my energy both during and after the sessions. Halina has a deep understanding of humanity and she brings with that a compassion and kindness which has supported me through some deep and difficult work. I thank you sincerely for all the work, support, fun and learning that we have shared during this stage of our journeys.

Mary Maybin Life Planning and Career Coach

Halina 'gets' people and cleverly helps them to recognise their own behaviours and identify what's holding them and their businesses back.

Louise Ladbrooke Business Development Manager

I so value your energy and commitment to the development of coaching. You always challenge our thinking and keep us working on creating awareness.

JB Executive Coaching

"What I like about the way you coach is that you take the time to listen and then make the learnings relevant to the people in the room. Then when people disperse they do so with a deeper understanding of themselves and how they fit into the world around them".

Jo Haywood Skylark Media Group

I have received some valuable business and leadership coaching from Halina. We had met before the coaching began and Halina makes establishing a warm relationship easy. This was to stand us in good stead as we proceeded to arrange to conduct the next steps 'remotely'. We interspersed phone calls with written material and 'homework' to concentrate the mind and prepare for conversations. Halina made it easy to address the important issues, was supportive throughout and listened extremely well, moving the process on at a pace which met my expectations.

Linda Hoskinson MD of a Nationwide HR Service Organisation

The time I spent with her was limited due to other pressures, but I am convinced that I have learned from her approach, the issues we discussed and the ideas we generated together. Having access to her experience was valuable and certainly enjoyable. She makes a positive contribution, I would be happy to recommend her services as coach to anyone wishing to review the way they are approaching their business or domestic lives. She ensured I focused on the issues which would make the difference to my goals. Yet her style was at all times warm, professional, optimistic, clearly enjoys helping people get the best from their efforts.

Linda Hoskinson Director, People Resolutions Group Ltd

Halina made it easy to address the important issues, was supportive throughout and listened extremely well, moving the process on at a pace which met my expectations. She ensured that I focused on the issues which would make the difference to my goals and yet her style was at all times warm, professional and optimistic. She clearly enjoys working with people to get the best from their efforts.

MD HR Service Organisation

Thank you so much for yesterday – it wasn't what I expected at all but on reflection just what I needed. As a result I have actioned 3 crucial elements in my personal life. Since speaking to you I also had some great feedback from two colleagues at work about jobs I had done and asking me to take on some additional tasks – I managed to negotiate a time frame to suit me and some support from them to do the leg works on the tasks. I never thought that one hour could change so much – having a completely impartial ear was fantastic, we shared things I wouldn't / couldn't have shared with any mentor from work.

Lou Wade Lloyds Banking Group Sales Professionals

Halina is an excellent coach and enabler. She listens well and her role is not to give you the answers but to provide a forum for the client to figure out the answer themselves. I highly recommend Halina to any business. She has changed my approach for the better.

Operations Manager / Senior Management Team Ovation Finance