

CLIENT TESTIMONIALS:

What her clients say about how she does it – how they find themselves being Halina'd

'Halina gets people and cleverly helps them recognise their own behaviours and identify what is holding them and their business, team, organisation, career back'. **Louise Ladbroke, Business West**

Halina is an extraordinary Executive Coach. She has helped me unlock my gifts and recognise who I truly am. She is an 'enabler' of the highest level and will see potential in you that you never knew you had. Halina can take you to edge of who you think you are, beautifully with charm and grace help you step into your power. Working with Halina is freeing and transformational – allowing you to grow to the max and bring what you have to the world. It's time to choose to invest in you too. I did and my career has expanded significantly. **Executive Banking Sector**

The one thing that started out as being the most important thing to me at our first session is the one thing that is not currently top of my agenda (how weird is that?). Somewhere on the journey I realised I needed to get the "other things" right and the most important thing would happen naturally. I think you said I would become more "sticky"- I like that term! I don't know how your coaching works – it just does. I've tried to analyse far too many things in my life, sometimes you have to accept that some things work because. **Interim Executive Banking Sector**

Engaging the services of Halina Jaroszewska has been nothing short of lifechanging. The process of self-analysis was, naturally, rather uncomfortable, but Halina's friendly, yet challenging, nature allowed me to strip my personality back for analysis in what always felt a safe and positive environment. She was always clear and upfront about her methods. My aims for each session were always dictated by me, but guided skilfully and almost imperceptibly, by Halina. Her professionalism is complimented by her approachable and warm nature; I always knew I was in safe, skilful hands and that she would endeavour to be available should I need her. And, as they say, the proof is in the pudding- I have emerged from this process with a clearer appreciation of my personality traits, and an ability to not only appreciate, but also celebrate my unique skill set. This in turn has enabled me to secure a future in my desired job sector. **A Starkie Forensic Scientist: [08 03 17 on completing coaching programme]**

I cannot tell you how much I appreciated, actually LOVED, working with you. You are an incredible coach and woman. You convey such an unbelievable level of hope, strength and beauty and I feel so lucky to have crossed paths with you. Colleagues have said that they can hear the difference in me and see it in my eyes which is great feedback for me. **C Murtagh Native American Law - Attorney at Law**

'What I like about the way you coach is that you take the time to listen. Then make the learnings relevant to the people in the room. 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**

'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 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**

'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 workload 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**

'I gained insights into how to deal with colleagues especially the difficult ones which I do now with confidence and authority.' **Customer Service Manager, Print Works**

'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**

'It was time to review myself and to improve as a person as well as allowing my team to develop with me. I can't tell you the impact that the coaching process has had!' **Senior Manager, International Business Development**

'I am surprised that my mental shift was so obvious to others. Halina's approach obviously pays dividends.' **Regional Coordinator, Women in Management Steering Committee**

'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**

'Coaching has given me a real insight into my core values and behaviour both in my eyes and those around me and allowed me to find practical steps to modify my approach and behaviours to maximise my impact and be more effective as a manager. My team and colleagues certainly noticed the difference!' **Board Director, Publishing Company**

"Halina coached me for a one-off session which supported me to have my first productive day in lockdown. I had been struggling to take control of the situation and to move forward in a structured and balanced way. Working with Halina helped me to make a start on some key areas of work and to feel competent in my role. Discussing my personal board of directors, bringing silliness/fun to work and my motivation was really impactful. Thank you." **Learning & Development Manager, UK Charity.**

I want to thank you for giving me your time for a coaching session. I really enjoyed our meeting and our discussion gave me plenty of food for thought, which I have been thinking about ever since. I really appreciated your feedback, questions and overall sense of really caring about other people. The experience was also a good reminder of the importance of very intentionally taking time out to reflect and give oneself mental space to do so.

The pro bono coaching sessions were organised by our Global Learning and Development Manager as an additional element of professional support to staff across the world.

Head of Institutional Fundraising at Practical Action

Practical Action is an innovative international development organisation putting ingenious ideas to work so people in poverty can change their world.

Thank you so much for your undivided attention in Friday's session – I found it really useful and have pondered over everything since, realising how I even broached the subject with you was very much looking outward rather than inward.

I would like to offer genuine thanks for your time, sharing of knowledge and help. I wanted to let you know that already I have put into practice some of the techniques we spoke about and it has indeed had positive results. I feel much better for it.

I feel like I have pressed "stop" and "re-set" based on our discussions which actually feels like I have taken back control and responsibility for my actions. I still have to find the time to look out some old photos and I think that will be quite interesting too. There have most definitely been light bulb moments that have taken me by surprise, I guess sometimes you can just be too much "in" the situation to view things rationally.

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So very kind of you to pass on exercises and quotes after our session – please know I intend to look at everything further and really appreciate that I was in your thoughts....I think you are a very special lady.

Programme Manager, UK Charity

Thank you for your time. I wanted to say how inspiring you were and how refreshing it was to be able to throw a different perspective to the challenges I currently face in a leadership role. I appreciate the 'takeaways' from just one session and thank you for your time and energy.

Partnerships Director, Recruitment

Having had a coaching session with Halina I found it both enjoyable (from the point of what I discovered) as well as challenging (which I think coaching should be). Through Halina's skilful questioning, I feel like I was able to explore my goal and have come away with some real practical solutions that I have already started to apply in my daily life. I now ask myself "what am I going to do today to have fun" and to make sure 'I live into this' (I learnt in the session not to say 'live up to') I can simply ask myself, and my 7 year old daughter, "did I/we have fun today".

Senior Learning and Development Advisor UK Charity

Halina was an inspiring and empowering coach for me. She listened attentively and was quick to cut through to the heart of the matter, offer insights and practical advice that I could start putting into use immediately. She balanced this with a warm and empathetic approach with prompts to help consider the bigger picture going forward. I would very much like to continue working with Halina and would wholeheartedly recommend her coaching.

Head of Interpretation, Museums & Galleries Sector