

## Coaching. Developing. Learning. Achieving. Moving Forward.

### Meet Jill...

Coaching can help in a number of different situations by motivating you to move forward, achieve your goals and be the best you can be. Read Jill's story to see the changes that coaching made to her life.



### Background

Jill has worked for Suffolk County Council (SCC) for 6 years and in her current role for the past 2 years, working with young people in alternative education. Jill found out about the Suffolk Coaching and Mentoring Partnership through a colleague and had also seen information about the Partnership on SCC's intranet pages.

*It worked out really well having a coach from a completely different remit... I felt that I didn't need to impress the coach.*

### Stuck in a rut

Jill was feeling "stuck in a rut", she had ambitions that were not being fulfilled, felt that her hard work wasn't being recognised and was uncertain about what her priorities should be. She decided that undertaking some coaching

would help her as she had trained as a career guidance professional and knew that some of these skills were interchangeable with coaching. Jill chose a coach from outside of her work area, someone who had no knowledge of the work she was undertaking and who Jill could trust to keep their conversations confidential.

### Being challenged

Through coaching Jill was able to really focus on what she wanted out of life, drawing conclusions based on how she really felt rather than how she thought she should feel, working out her priorities and being supported as these changed over the months. Jill's coach used a number of tools including questioning, active listening, supportive challenging and reflecting and summarising what was being said. However, the most effective tool her coach used was to challenge her thinking, beliefs and her priorities. Jill says her coach "really made me think about my priorities and made me realise this I had things upside down". Through using the *Wheel of*

*My coach supported me to gain a better understanding of myself*

*Life* Jill's coach helped her realise where her life was out of balance and where she could make improvements.

### **Changing priorities**

As the coaching progressed and Jill continued to be challenged by her coach, she realised that her priorities were changing significantly as she gained a better understanding of her situation and hopes for the future. There were several "lightbulb" moments (mostly due to the supportive challenging her coach employed), but also through the observations and feedback that her coach provided. As a result of coaching Jill has lost over a stone in weight and is now running five and ten kilometre races. Jill has also reduced her working hours to help her concentrate on new work opportunities. She has delivered some teaching and training and plans on supporting other career guidance professionals by delivering units on a qualification. Jill is expecting her first baby soon and is relocating to a new location with her husband.

*I trust my coach implicitly*

Jill has also found that coaching has benefitted her team. She is more focussed and clear with her goals and has a much better understanding of her achievements and the contributions she makes, reducing the amount of recognition that she needed before she started coaching. One of the biggest changes that Jill is making is the move from working with children to working with adults.

Jill believes that her coach's experiences helped with the success of the coaching relationship, as her coach drew on these experiences to give informed, unbiased perspectives on what Jill was talking about. Jill trusted her coach implicitly. Jill is now encouraging all her colleagues to access coaching stating, "It has such great value to wellbeing and personal development".

### **Coaching can help you too...**

Are you feeling stuck in a rut? Are the problems that you can't seem to resolve or things you wish you were achieving but you're not? We have coaches available now to help you move forward and focus on achieving your goals. Further information is available on the myLearning ([suffolk.learningpool.com](http://suffolk.learningpool.com)) or by contacting Agnes Ogundiran ([agnes.ogundiran@suffolk.gov.uk](mailto:agnes.ogundiran@suffolk.gov.uk)) or Andrew Walker ([andrew.walker@suffolk.gov.uk](mailto:andrew.walker@suffolk.gov.uk)).

