

CAREER COACHING FOLLOWING AN ENFORCED CHANGE

THE CLIENT

Growhouse was approached by an existing client who were eager to provide support for a colleague who needed to consider his options as he recovered from life-changing injuries received in the process of doing his job 1 year earlier.

Twelve months previously the colleague had been out on a client visit when his car was hit head on by a drink driver. The colleague was in a coma for 6 weeks and 1 year on still disabilities caused by spinal and brain injuries. Whilst there was expectation that these may still improve under continued treatment, it had become clear that the colleague would never be able to return to his previous role.

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THE BRIEF

- Four coaching sessions lasting up to 2 hours each.*
- Support the colleague to work through the implications of his new situation and get clear on the kind of work he would like to do going forward.

* Coaching was delivered remotely using Zoom.

THE APPROACH

An initial complimentary phone call with the colleague to discuss the process, set expectations, and to test the chemistry between the colleague and the coach.

The first three sessions were delivered at 3 week intervals with the fourth four weeks after the third.

[for a better understanding of how coaching works see the section labelled "What to Expect from your coach" below]



THE OUTCOME

“Agreed terms on the contract today which is really exciting! Thank you so much for all your help and advice the last few months. The coaching has been invaluable and meant I could work out what I needed, to then be able to find the right job rather than any job.”
(D.C. East Midlands)

WHAT TO EXPECT FROM YOUR COACH

Your coach is there to work with you as you aim to be the best you can be in your role or as you look to your future career. Coaching sessions will last up to two hours and are focussed on identifying the behaviours, beliefs and mindset that will serve you best.

Your coach will enable you to identify clear overall objectives and specific objectives for each conversation. Meetings are usually via Skype (or similar) but can be face-to-face as required.

Your coach will have a wealth of experience both as a coach and from other roles they have filled. Whilst not there to advise you or to tell you how things should be done, your coach will use his/her experience to make suggestions or share ideas that will enable you to develop your own thinking.

