



Case Study

Business Coaching

Took up coaching as a member of an accelerated management training scheme in a FTSE 100 company, where coaching was encouraged as part of the development process.

Business related issues were addressed in initial coaching sessions, and corresponding themes were identified to work through on a longer term basis.

The client was then able to move on to explore wider goals, aspirations and principles. We ensured there were always clear outputs from each coaching session, and as a result, the client now feels a much greater sense of focus and empowerment in their life.

Feedback from Client 'A':

"Tim [Red Ant Coach] creates a safe and confidential environment in each of his sessions. As a result of the coaching sessions with Tim, I achieved major breakthroughs in terms of confidence and understanding where I wanted to be by when and how I was going to get there. This has left me with a great sense of empowerment, and lasting drive for action. When I was faced with a particularly challenging personal situation, this sense of empowerment and knowledge of my own priorities and aspirations sustained me and enabled me to remain focused. Tim's coaching has been invaluable. I have no hesitation in recommending him to friends and colleagues alike."