

## WHAT PEOPLE SAY...

"I could feel the difference in my attitude and my approach had changed for the better."

"A fantastic medium for me to rationally take stock of where I am and where I want to be...sessions are fun, rewarding, focused and productive ... changing my approach and creating an environment where I achieve my goals and direct my future."

"Clear, succinct and very effective...I felt supported in a professional and personal way...and able to successfully approach this particular job application a very new and different way."

"Working with you has been a life-enhancing experience. I am so glad that I chose coaching, which focused on being practical & moving forward in my life."

"Thanks again for such a fruitful session. It really helps me to take stock, raise my head over the parapet and see where I'm going."

"I feel encouraged and supported...the coaching has been friendly as well as business-like...always leavened by humour. My work is thriving and my goals are being achieved."

"I was really buzzing after our session - heady & optimistic...your coaching is clear, frank...and straight to the head!"

"...the perfect mentor to help me on my way...a judicious mixture of kick ass/encouragement/humour...to create the conditions to help to achieve my ambition."

## ABOUT TRISKELL ...

Triskell was established in 2000 and Sandra Powley began her formal coaching and mentoring training, after many years of "real-life" experience of being coached and mentored during an award-winning career in marketing, public relations and management. She is an experienced coach/mentor, working with a wide range of personal & business clients.

Her qualifications include a Diploma in Performance Coaching for Business; a Diploma in Life Coaching & she is currently completing an MSc in Organisational Change & Consultancy (Coaching & Mentoring) with Sheffield Hallam University.

## FIND OUT MORE...

Visit our site for more information - it gives a general guide, or contact us for a free, no-obligation confidential chat, where we can answer your questions.

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*Members of the European Mentoring & Coaching Council & the Association for Coaching.*



## MORE ABOUT COACHING...

*Coaching offers you  
a structured, active process  
that brings the impetus  
to follow through & produce  
lasting improvements in your life,  
with enthusiasm & motivation.*

## HOW DO WE WORK?

*Triskell is a professional coaching practice focusing on corporate and personal coaching for individuals and people working in business, public and creative sectors.*

The name Triskell comes from an ancient Celtic symbol, depicting creation & constant movement. It means growing and developing out of the normal sphere, which happens when natural resources are harnessed & work together - and this reflects our collaborative style of coaching. The coach and the person being coached are working together as equal partners on creating changes.

Using advanced skills of listening, questioning and reflection, we create highly effective conversations and experiences. At the beginning of our work together, we will agree a code of conduct - a framework of clear expectations during our coaching sessions.

We believe that high quality coaching takes a highly individual approach. We will put together a package of coaching and a contract that will work for you - usually a combination of in-person sessions with phone and email coaching in-between.

To work to the highest standard and stay up to date with the latest professional developments, we are members of the Association for Coaching and the European Mentoring & Coaching Council & we subscribe to the EMCC ethical code.

## WHO WE WORK WITH ...

Mostly we coach/mentor people who are

- Executives, managers and directors
- Professionals in career transition
- Business owners (including start ups)
- Artists
- Women in personal or career transition

We also work for organisations, including Arts & Business & Education Leeds.

## HOW CAN YOU GET THE LIFE YOU WANT?

*Coaching is a confidential process, which prompts you to find the answers that lie within. It encourages you to take appropriate action that will lead you closer to your defined goals & objectives.*

Some of the reasons people come to coaching/mentoring include to...

- **Make some life changes** - get out of a rut and move on from feeling stuck
- **Improve performance at work** - change roles at work, or transfer & develop skills working in a new, challenging environment
- **Explore fresh options & opportunities** & face a new challenge
- **Use lateral thinking** for problem solving
- **Feel more confident** & find new ways of working & overcoming barriers
- **Regain a sense of direction** - for example, get "back on course" in life and/or career
- **Feel life is more balanced**
- **Overcome barriers** & make some positive progress on ongoing issues, patterns or problems
- **Build management or interpersonal skills**
- **Take the "next step" in a career** - raising aspirations & achievements
- **Gain a more strategic perspective**

## IS COACHING FOR YOU?

Ask yourself these questions...

***Do you feel that you could achieve more in your life?*** Coaching focuses on now and the future and works best with people who want to unleash and develop their potential. If you are seeking a more strategic perspective on how to achieve what you want; if you have been feeling stuck - or you are keen to make some changes, coaching could help.

***Are you ready to put some time in, to make some positive changes & achieve your goals?*** Along with the time for your coaching sessions, there will be regular work to do between sessions. The commitment between coach and client is clearly outlined in our Code of Conduct and like any partnership - it only works if both sides are committed. Coaching is about wanting to making constructive changes, not finding a "quick fix" - do you want to make time and energy to work together?

***Are you open & willing to understand & know yourself?*** Honesty is key in coaching - from the client about what they have achieved and what stands in their way - and the coach, challenging & giving direct, honest feedback.

***Do you see coaching as a positive choice?*** Are you wanting to be coached to identify and achieve your goals - or are you doing it to please someone else? Coaching works best when you choose it as a positive way forward in your life.

***Are you ready to make your goals your reality?*** This means taking action and knowing that you have choices. Sometimes this will call on you to step outside your comfort zone and to move into an achievement zone, with the support of your coach - & keeping going, even when the going gets tough.

***If your answer is "yes" to most of these questions and you'd like to find out more, then contact us and we can answer any further questions.***