

WHAT IS COACHING?

In coaching the client is the person who comes up with the answers for themselves. The coach will ask a series of questions to identify what exactly each individual would like to achieve or where they want to be. A coach will not offer advice, tips or solutions. If they were to do so a client may be satisfied only for a short period of time. Eventually however, there will be some pieces missing in the jigsaw of their life, and no one has answers to how to live your life, apart from the person living and experiencing it day to day - YOU!.

Coaching it is often mistaken for mentoring, counselling and consultancy. It can share similarities.

A coach supports and facilitates clients' progress so they can achieve their goals, desires, ambitions or dreams. A coach does not give you advice nor tell you what to do - that is mentoring. Instead, a coach is a catalyst for change who aims to unlock clients' potential, stimulate and inspire potential to look at the issues from a different perspective and find the answers for themselves. There is no one who knows the client better than themselves, after all.

Coaching is present and future orientated, unlike counselling and other therapies which are past focused and designed to address unresolved issues or traumas. Coaching is geared towards achieving set goals, growing personally or professionally, improving effectiveness, finding balance and having a more fulfilling life.

Counselling focuses on helping people understand the root of their problems, anxiety and distress which is impacting their everyday life.



Coaching facilitates identification of individuality with a process of self discovery to find the answers that work for the client, to take action and achieve their goals. A consultant in contrast might work with an individual or group of individuals and bring their knowledge to diagnose the problem and to provide a solution; however this is not necessarily tailored to specific individual needs.

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Development Leads Positive Change

It's all about you!
We are committed to giving you focus, self-belief and confidence to be the best you can, and to achieve the results you deserve.



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Hello From Beverly.....

Beverly works with organisations, individuals, groups and teams; delivering long-term change and development programmes through to 1:1 coaching and mentoring.

"I believe that sometimes we all need a helping hand when we lose our way. I value feeling clear and informed, together with honest communication. Honesty with ourselves, unleashes so many possibilities and potential. As a respected mentor once told me "honesty brings confidence!" For me honesty with ourselves gives us confidence to either seek the right support, or to take action.

To be on the receiving end of honesty, whether it's feedback, advice, support; brings rapport, clarity and confidence - To have confidence in a relationship brings trust and clarity, a lovely gift!

We all get what I call "Stuck" from time to time. Things change or don't turn out as we thought they would. When we get to that place sometimes, if we don't act, we become "Trapped", at its' worst, "Paralysed" by the situation. We lose confidence, procrastinate, become stressed, which can lead to stress or depression.

I work with people through workshops and on an individual basis to effect positive change. That can be when you are becoming "Stuck" or have reached the point of "Paralysis" and maybe, come out of the other end knowing that you need a change, to get back on track. Sometimes when

we think everything is against us, the greatest potential is unlocked.

So what can I offer! I am passionate about what I term Stresslessness! I have worked with people, developing and supporting their personal growth and change for over 20 years, latterly, over the past 4 years, doing lots of 1:1 work. In 2010-11 I secured £25,000 to fund a project on workplace stress - how workplace culture and relationships impact on mental well-being. Most of all I'm human and I've effected positive change in my own life to do something that I'm committed to - Stresslessness!" Beverly

Beverly Sherratt is the Director of PROPECTUS. She has 20+ years experience in industry developing people and organisations. Chartered Institute of Personnel (CIPD) qualified from the University of Sunderland in 1997, Beverly knows how to achieve organisation success through people. She is passionate about coaching, developing people, and facilitating positive change.

Although Beverly operated for a number of years at a senior level working with Boards and Chief Executives, you will get the *real Beverly!* She prides herself on developing relationships with everyone she works. She believes passionately that people learn and take risks in an environment where they can be themselves. So you can expect her workshops to be active, thought provoking and enjoyable. Remember to bring YOU and your VOICE!

WHAT WILL PROPECTUS DO FOR YOU?

1:1 WORK! Let's Focus on YOU!

Confidence to think clearly, challenge those "I can't's" into "I can and will". Confidence to have your needs met, discover what they are - enjoy the present - in order to create a brighter future.

Confidence to achieve, be the best you can be and create a life you want with the recognition you deserve. Working 1:1 with managers to effectively manage difficult conversations or situations - you can do it!

Working with us, you will get to grips with your aims, uncover "I can't's" or fears that have been holding you back, learn new skills and set milestones that make you feel great.

Your aims will lead you take action that makes a real difference and feels GREAT!

