

When I started my career-coaching with David, I had been promoted into a new role. It was having a huge impact on me, in terms of confidence, time management and work-life balance, to the point where I was beginning to suffer with stress and anxiety, albeit I had hidden this well from my colleagues. I found myself in a situation where I was always saying yes to everyone at both work and in my private life. I felt utterly exhausted and was getting very little satisfaction from work. I was travelling so regularly that I felt I was almost living out of a suitcase. I was constantly working overtime to keep on top of things. I had reached breaking point, without even realising what was happening to me. Luckily at that point, I was meeting David for a catch-up lunch. Having never suffered with stress or anxiety before, I had no idea how to tackle the situation. I realised I needed to remind myself of why I had been promoted in the first place, get my confidence back, learn to say no nicely and manage my time far better.

David initially suggested completing Strengthscope, which is a strengths-based psychometric assessment. It focuses on behaviours and activities which make us feel strong, powerful and energised. I asked some colleagues and family members to assess me and give me some qualitative feedback. This was a great starting point, as it helped me identify my own strengths and also, have those who know me well in either a work or personal setting identify what they saw as my strengths too. It also lessened my focus on where everything was going wrong.

I also did lots of “homework” from a work-book David gave me, around what I enjoyed doing, as well as what I was good at, which helped me identify the way forward. It also helped me reflect on the last few years at work and how I had reached the situation I was in. Through this process, I made the decision that I needed to move on, and seek a new role with a different company, where I could do the things that motivate and enthuse me – in other words, play more to my strengths.

Over the course of 4 months of coaching, I gradually learned to overcome all these problems and as a result, my confidence has increased. I have also got myself a fantastic new job and am currently working my notice, making sure I hand over my role as best I can, after 7 great years with my current company. I'm pleased I went through what I did, as it has made me far stronger as a person. It has also made me far more empathetic towards others in similar situations, plus I now have some great advice I can give first-hand to other people myself.

I can honestly say I never thought I'd get through this situation so positively. I can't thank David enough for his continual belief in me, and for his fantastic advice and support. I would highly recommend the coaching approach. I have worked in HR for 13 years and watched managers go through every type of management development programme, in order to develop themselves in similar areas to me. I can personally vouch for the effectiveness of bespoke, 1:1 career-coaching.