

Case Study for Alchemy

Senior GIS Specialist, Oxford

Before attending the one to one coaching

How confident would you describe yourself to be? At work and at home?

Mixed dependent on context, in some situations I am a highly confident individual (mainly at home/personal life), in others I appear unsure of myself, particularly when I think I need to appear confident or I am aware I am being judged on my performance or content.

What would you say holds you back most in life about the way you approach things?

Fear of failure to perform, lack of discipline with respect to personal life/habits and I am generally skeptical attitude to new ideas! My focus of attention is also narrow, which means if I am focusing on a particular task, my ability to interpret/observe my surroundings can be poor. My management skills are still very much at the embryonic stage and I probably fall down with respect to consistently providing clear and adequate instructions.

How do you think the coaching is going to be helpful to you?

I would expect it will primarily involve introspective analysis (personal development), something I've not done much of, and will therefore be productive in helping me to know myself a little better in who I am and how I relate to my surroundings.

After the one to one coaching,

What potential can you see for the coaching to help you in your work and personal life?

The potential is huge, the coaching equipped me with a set of powerful tools and techniques to better understand key aspects of my own behavior, and how to interpret the behavior and communication of those around me.

Do you think it is time well spent?

The coaching was well structured and evenly paced. It was hard work, but the sessions seemed just the right amount of time. From how I feel now and how I felt before I started – there is no doubt in my mind that the time was well spent.