

Frequently Asked Questions



ARC Services

What is coaching?

Coaching is a goal oriented personal development method. It helps to draw out your strengths, helps dispell your self limiting beliefs and provides confidential support to you on your life journey.

If you are in a managerial role or work alone then life can be lonely and isolated. As a role model and “the expert” the people you trust are few and far between. Working with an independent coach gives you the confidential sounding board, with no hidden agenda.

Coaching is about developing the individual to achieve their full potential, improving performance and growth personally throughout your life; mentally, physically, socially and spiritually.

Coaching is an effective management style and used as an essential part of an impactful manager`s toolkit.

What's your niche?

My experience and expertises are in the area of transition : whether this is career development, change management, redundancy, retirement, starting college, procurement and commissioning or relationships. I have extensive experience and knowledge of the education, public and arts sectors at management level. I have taught in the Community, Secondary, further ed and Undergraduate level. I have established successful businesses, devised and delivered bespoke capacity building training for managers and leaders within the blue chip and voluntary sector. My passions are in empowering people to achieve by harnessing their strengths.

What's the difference between coaching, mentoring, consultancy and counselling?

Starting with a consultant. A consultant is an “expert” in the field of work and they are there to analysis and assess and to make firm recommendations based on their knowledge and understanding. They are directive and work in the past, present and future;visioning and directing.

Counselling is focussed on the past and for people who have deeper problems that I am qualified to deal with. Mentoring is more future focussed and a mentor will normally be coming from the point of experience with history in the area; “got the t-shirt” so to speak. A coach doesn't have to have any experience in your area of development, they don't even have to know what they are coaching you on. Coaching is focussed on the here and now and the future. It is goal orientated and

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takes a holistic proactive approach. Coaches do not give advice as you have the answers in you.

How do you know if coaching is for you?

If you are motivated or at a pivotal point in your life or perhaps you are frustrated with the mundanity of your existence and know that there is more to discover by unlocking your potential then coaching is perfect for you.

How much is it?

Contact me for more information on the different coaching packages I offer. Sessions can be individual or select from the options of 4, 6 or 12 sessions. I am also able to do group coaching on your request.

How does it work?

Coaching sessions last between 30 and 40 minutes and can be carried out either face to face or using skype or the phone. I prefer to have a face to face meeting for my intake session as this lasts a fair while longer. However, if you live at a distance we can split the intake session and ensure the coaching process gets started early on.