

## Coachee feedback and testimonials

The coaching has become increasingly useful with each session, as I have got used to the process and relaxed in to it. I am finding it is giving me great clarity amid the rollercoaster of emotions. I feel calmer in my approach to the pressures of the present time.

*I find myself more aware of my internal tendencies and responses to things, and feel I have more ability to notice them and chose a response rather than simply react.*

I've gained a sense of clarity around my priorities. Tuning into my voice and gaining confidence in trusting that. Feeling the benefits and joy in listening and acting on my voice. Feeling like I can be a more authentic member of my department and the teams I am working in.

*Resilience coaching is priceless in the time of crisis. I am sure you have already thanked the coaches on behalf of TU but please let them know how grateful we are.*

A very useful and easily accessible resource

*An absolutely brilliant idea to set this up and I am sure it will be hugely appreciated by many people who have been thinking about their life path recently*

The COVID crisis has given me a lot of time for reflection recently, and I feel I need a bit of assistance myself in working out my life/career direction!

*I had my first coaching session yesterday morning. It was a bit slow at the start, but essentially I found it very helpful and think that it will be more so after a few sessions. Initially when I met my coach I was sceptical, but he came up with some good ideas and thoughts, and essentially I ended up telling him quite a lot about my background and life, which was unexpected!*

I would advise other people doing it that you have to be willing to be open with your coach (almost a bit like therapy!) and to actively listen to suggestions.

*Just wanted to highly recommend this programme. I've just had my 2nd session with my coach and all the misconceptions that I had about coaching have disappeared. I've found the programme really helpful so far and it has definitely helped me find order in the chaos!*

Having had my second coaching session yesterday, I am amazed by what the programme offers. Pure life changer and I'm so pleased I signed up. Suddenly, I can identify resources already available to me that I can utilise to build resilience.

*Just wanted to say I had my first coaching session last week and it was great! Wasn't sure what to expect but felt so positive about the experience.*



Just wanted to say that I feel like I've really struck gold with my coach. Had my second session yesterday and felt so much better afterwards. Thank you for everything you are doing

*And now, I truly think it is the incredible and proactive support we've been receiving that is keeping us going through this crisis. Definitely agree that the coaching is really good for identifying signs we need to respond to, which we may otherwise ignore and perhaps could have got through if times were a little different.*

I am so pleased I am enrolled in the coaching programme. I think it really helps us to identify earlier when we might need to give ourselves a bit of a break.

*I had my first one yesterday and it was amazing!*

These sessions are absolutely fantastic!

*The coaching has been fantastic and literally life changing (sounds cliché but true and also presumably the purpose)*

The coaching is an absolutely outstanding initiative

*Have found my coaching sessions to be a real oasis of calm honest reflection, and I have felt the clarity really reaches in to the rest of the week and other projects I am working on.*

Excellent coaching. Really amazing to have had this

*I am better at dealing with anxiety*

I've gained insights into managing and regulating emotions

*I found the COVID rota and work very difficult and sometimes I would feel overwhelmed due to being over-stimulated, particularly in the anaesthetic office / coffee room, but I developed resilience through the coaching sessions, and now always intentionally take some quiet time in work away from the offices / coffee rooms (even if 10min) to focus on my breathing and recharging myself.*

It has allowed me to see situations in a more comprehensive way rather than micromanaging/controlling smaller events, and also draw on my own resources for self-care at all times.