**Quotes from colleagues who have undertaken coaching at the University of Huddersfield**

“Having just completed 6 sessions of coaching; I cannot recommend the value of this scheme enough. I began with knocked confidence and lack of direction following redundancy and redeployment, with no clear vision of how I could make my new role a success. My coach has been integral in helping me navigate through the last few months, to reach a place where I feel confident again and able to offer a valuable contribution in helping forge my new role with professionalism and a clear sense of purpose.”

“Coaching at the University of Huddersfield has been a transformative experience for me. It helped me challenge my limiting beliefs, gain clarity in my career direction, and build confidence in my role. The support I received has been invaluable in guiding my professional development and preparing me for future success.”

“Coaching for me has been a journey of self-discovery, in that I have come to realise that it is ok to step back from the business of work in order to critically problem-solve presenting issues to bring out and utilise the best of me in how I approach my work.”

“My last coaching session was like a breath of fresh air. I haven't felt this relaxed and uplifted in a long time. I felt grounded, knowing who I am and what my next steps are. It provided everything I needed to do my work well and truly enjoy the process.”

“With the skilled help of a coach, I've been helped to look and think about a situation in a different way.”

A group of people sitting around a table

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“Coaching has enabled me to really take charge of my decision making, I am more confident in my ability and feel more prepared for challenges that I might come across. It has helped me understand that I am capable, and I can be confident in my abilities.”

“Coaching helps you identify achievable goals. It helps you to reflect and identify what is holding you back and helps to put you back on track to achieve these goals and flourish. No matter where you are in your professional journey l would highly recommend coaching to everyone - it may surprise what else you can achieve.”

“Coaching has helped me to fully think through my approach to specific settings and has helped me to see the skills and abilities that I already possess that will help me to succeed and recognise the success I have already achieved.”

“I found coaching to be very helpful when I was at a crossroads in my career. It helped me to bring what I want to do in my working life into focus, and therefore to identify steps I need to get there.”

“Coaching gave me a neutral space to talk about my career confusion without judgment or bias. It encouraged me to think differently and explore some avenues I wouldn't have considered otherwise.”

A group of people sitting in a room

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