

03 October 2014

## **Recommendation of Lucy Barkas as a business performance coach**

To those considering Lucy as a coach,

I appointed Lucy as my coach to enable my business performance to increase and become more focussed and strategic. Due to expansion and growth within the organisation, my remit and priorities were changing and quickly. As a result, I knew that a coach would support me in developing my clarity of thought and become more effective in these dynamic periods.

Since working with Lucy I have found her coaching skills and approach to be exceptional. I have already made significant effectiveness improvements only two-thirds of the way through the course. The holistic approach has been valuable in considering how factors outside work can impact on performance at work, and vice versa. The coaching sessions don't intrude on my busy diary. Lucy is supportive, challenging and holds me to account.

Both professionally and personally, the coaching has been a positive influence. I would not hesitate to recommend her to other senior leaders.

Yours faithfully

Simon Baggaley  
UK Sales Director