

## Testimonial, August 2016

The first part of my coaching with Lucy was to get to know each other and for Lucy to understand my current position and what I was hoping to achieve. I think it was important for me to be honest and open from the start, if we can't openly talk about our individual challenges, then how can we grow? I felt that Lucy listened and understood my position very quickly, which helped us move straight to the solution stage. My coaching was entirely personal to my individual situation, aims and ambitions.

Lucy has helped me with my external image and confidence, particularly around public speaking. We have used a variety of methods for this, including some theories and TED talks, but largely exercises that built upon my existing core values and beliefs. These exercises focused around my behaviour and anxieties – encouraging me to be more positive and communicate more widely, effectively and with more confidence. I felt that my coaching was entirely personal to my individual situation, aims and ambitions.

A great example that I think people at work will remember for a while was the week that I could not send emails! How can something so simple be such a challenge – but actually there were many benefits doing this - both personally and business related.

I now have many strategies in place to deal with the stresses of public speaking and I am looking forward to putting these into practice. Our next stage of this project will be an observation, evaluation and improvement plan.

From the first email that she sent me, I knew Lucy and I would create a great relationship and I have thoroughly enjoyed working with her. She has helped me on my way to achieving my next set of goals and most importantly of all for me, aims to build on the great person you are, rather than change you into someone you are not.

In summary of my journey with Lucy so far, I quote some of my favourite people:

- In a book called "Quiet" by Susan Cain – she challenges the question "can an introvert become a leader or a public speaker"
- To use my daughters favourite current phrase "sure, why not?"
- And from Lucy and Amy Cuddy "dont fake it till you make it" "fake it till you become it".

This is now the path for my ongoing journey. I have a strong value and belief system and am happy and confident in so many ways – Lucy has taught me to harness this and with a little more planning and practice, we can all do whatever we want to do and be whoever we want to be. Lucy is a highly skilled coach, a good listener and an inspirational woman.

### OUR PATRONS ARE:



