

How did you find Kaye's coaching support?

"Professional, focused, targeted, insightful, caring and relevant. In a word "excellent" **Jason (HR)**

Great, I initially was only going to attend one session but Kaye identified many aspects of my transition from my role that I had not thought about. I also did not realise that my current frame of mind was still in denial rather than accepting and being excited with the prospects beyond here. **John (Regional Manager)**

I felt so much better after talking things through with you and getting a different perspective on where I am at and where that is leading me. Another transformation and rebirth is surely on its way for me. You facilitated such valuable and deep insights for me that were just amazing! **Pamela (Consultant)**

How did it make a difference for you?

- Held the mirror up for me to see my role in the situation and provided tools to adapt my owning thinking, language and behaviours.
- Went beyond just what I was saying and doing to examine the language I was using and how I was thinking about situations
- These tools enabled me to challenge and adjust my thinking, which in turn changed my behaviour and language. **Jason (HR)**

Our sessions helped highlight that my current career path was suitable for me, I was confident of this as I enjoy what I currently undertake. This was also supported with the MBTI assessment. I also have realised that I need to stretch myself further rather than remaining comfortable with familiarity. The assistance with CV preparation has been extremely appreciated and having Kaye's objective, experienced feedback on my current and future state of my CV has been a huge assistance. I just did not realise how much improvement this CV needed and now it looks fantastic.

Also as I mentioned the first few sessions I was still struggling with misbelieve that I was leaving [my employer of 20years] and lack of being listened to by Senior Management. Now I realise that 20 years is long enough and to look forward to the journey ahead. **John (Regional Manager)**

Your good work certainly identified and illuminated that for me in an easy to understand way – a big ah ha for me 😊 **Pamela (Consultant)**

Would you use Kaye's services again? If so why?

In a heart beat! This wasn't a shoulder to cry on but practical advice to assist me understand the issues I faced and adapt my thinking to be successful! **Jason (HR)**

I am in a good positive frame of mind and I am looking forward to the challenges and opportunities to come. I would without hesitation recommend Kaye's services to others. **John (Regional Manager)**