



Coaching

For RICS professionals and their families

At LionHeart we're not just here for when things go wrong in life.

Sometimes we all need a little help to get to where we want to be, so we can really thrive, both personally and professionally.


Many people get 'stuck' when they know they'd like to make changes in their lives or if they're working towards a particular goal that seems just out of reach. Consequently, it's easy to feel overwhelmed, pulled in different directions and stuck in a kind of loop – so that aim to make changes just doesn't happen.

Formal one-to-one coaching can help you break out of that loop and move towards the outcomes you want.

The people who come to LionHeart for coaching have really varied goals and span a broad spectrum of age and career experience. These are some of the main areas in which we help our coaching clients.

Help with imposter syndrome

A surprising number of the people we support experience feelings of imposter syndrome, usually the higher up the career ladder they progress. Coaching can help them feel more confident and comfortable in their own shoes.

 *Coaching has given me some invaluable takeaways and things to incorporate into my day to day life. I feel lighter overall and my negative thoughts aren't so overbearing; I'd recommend it to anyone struggling with similar feelings of imposter syndrome.*

Stress management & work life balance

Some of the people we support have experienced work-related stress or find it difficult to balance their work and personal lives. They may need help to set new boundaries and handle things differently in order to prevent future burnout.

 *My coaching sessions were goal targeted; challenging, but fulfilling, inspiring and empowering! Overall, the experience has brought me more balance, patience, new value sets and stillness within my lifestyle.*

What coaching can do...


- Help you see beyond any obstacles in your way
- Figure out how to make progress in a way that's right and realistic for you
- Develop your confidence
- Help you define your own goals and solutions

What coaching doesn't do...

- Tell you what to do - or how
- Tell you how to run your business or do your job
- Provide mentoring or therapy sessions

Career progression

Many of our clients are taking the next steps along their career path, maybe moving into management for the first time. They find coaching helps them gain clarity and confidence or define what might be holding them back, and how they can change that. Others might be at a kind of transition in their careers and want to explore what is important to them or possibly a change of direction.

 *My LionHeart coach was able to bring a direction to the questions I'd been struggling with personally and professionally, and was able to suggest strategies that worked and hold me to account. It's brought a sense of renewed confidence in my abilities and deeper awareness of my strengths and areas of development.*





My coach guided me on a journey of self-realisation. My primary goal was to achieve better work life balance and I am glad to say this was absolutely achieved.

Still not sure if coaching is right for you?

Why not call us for a no-obligation chat to talk things through with one of our support officers and find out more?

www.lionheart.org.uk

0800 009 2960

+44 (0)121 289 3300



LionHeart is a charity registered in England No. 261245.