



ROCKHOPPER COACHING  
time for change

## CLIENT TESTIMONIALS

### PERSONAL PERFORMANCE COACHING

“Coaching has provided me with skills I can use in all aspects of life. Whilst the coaching sessions were mainly focused on my PhD they taught me a lot in other areas, e.g. my lifestyle and health.

I have also learnt that with the right enthusiastic and positive guidance it is possible to achieve things that may seem impossible. In the beginning of my coaching sessions I felt I would never see the finishing line to my PhD but now it is so clear. I feel the guidance provided to me helped me bring out the best in myself. I noticed the questions I was asked were not leading in any way and instead were there to help me decide what the best options and route would be to achieve my goals.”

*Ms SR, Bradford*

“The sessions had a huge impact on my wellbeing. They provided me with a very clear understanding where I am now and why and gave me the thinking time to plan what I want to do next. They helped me explore values and beliefs that stopped me progress and also those that will help me. They gave me tools to think and plan the future.”

*Mrs EC, Otley*

“I thoroughly enjoyed my coaching sessions with Carri who managed to get me to really think about my actions and why I respond in the way I do. It was liberating to be able to discuss my inner most thoughts without fear of judgement and I enjoyed the process of coming up with as many options as possible before committing to action. I believe it has stopped me making rash decisions and highlighted that perhaps the most obvious solution is not always the right one.

Carri has a very friendly and approachable manner which made me feel at ease, combined with an authority that lets you know, ever so nicely, that if she hears any contradiction or uncertainty in what I’m saying that she’ll pick up on it. Very effective and reassuring.”

*Ms SH, Wrexham*

“What I have valued the most is the ‘safe’ time to reflect, review and thinking space to evaluate where I am with my life, what I am doing and what I need to do to look to the future and plan ahead. Having someone to talk to has been immensely helpful and perhaps all I really need is someone to talk to in a meaningful way. In setting goals and activities and then reviewing and reflecting on the experiences, I gained meaningful learning on trying and testing approaches that best serve me to improve the areas that I sought to develop.

Carri has been professional, flexible and generous with her time and immensely helpful in enabling me to improve the skills I wished to develop and gain the insight to improve myself further in future. I would be happy to recommend Carri as a professional coach to others. Thank you Carri for listening!”

*Mr AR, Bradford*

“During the coaching, whenever I seemed a bit negative or despairing(!), Carri always brought me around with positive encouragement and guided me toward finding solutions. In a very supportive and friendly manner, Carri has helped me maintain focus on my goals and has taught me how to keep breaking down all the steps I need to take to accomplish my goals and break free. Carri has shown me a better pattern of achieving what I want in life and I sincerely appreciate all her help and perseverance!”

*Ms KM, Bradford*

## CAREER COACHING

“The sessions were particularly helpful in helping me to focus on my aspirations for my future career and develop a logical plan with regard to the actions that I need to take in order to achieve my goals. The sessions helped me to visualise my success and think through what I need to be in place to achieve that success. I also feel that the sessions challenged me to think creatively about my skills and options open to me and Carri provided practical tools to support that. Overall I have found the sessions very helpful. Thank you.”

*Ms JD, Bradford*

“Carri has helped me to clarify and move towards my goal, how I spend my days as I take voluntary redundancy from a public sector management post I have been in for 20 years. She created a climate of trust and openness, and was supportive and encouraging. She provided specific ideas and tools to help me clarify goals, both long term and interim, and supported me to identify (and write down!) actions. Each session we checked out and reviewed these, helping me to stay on track. Thank you!”

*Mr AJ, Bradford*

“I found the coaching useful to help me through a transition phase of leaving my job of 11 years (redundancy) and starting to work out what I want to do next. I liked the approach of producing clear, do-able goals and actions. I also found it very helpful to think of where I’d like to be in 6 months time, and then planning backwards; I feel this is the right mix of ambition and practical steps. I will use the planning skills I have learnt through the coaching to help me make positive changes in my life in a way that works for me.”

*Ms HJ, York*

“This coaching came at a critical time for me as I was moving into a new role in a new organisation, and the setting of short-term goals really helped to allay my panic and work constructively to establish myself in the role. My short term goals were based on a longer-term vision which Carri enabled me to establish early on, and which has become an integral part of my communication with colleagues. I feel it has helped me to be consistent in my approach and prioritise my workload.”

*Ms JH, Leeds*