

Coaching with Lucy Wake ACC



Coaching is partnering clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential. Executive coaches have absolute belief that their clients are able to find the solutions they're looking for but may need some help to get there. The experience of receiving coaching is being listened to, often in a way that clients say they have never felt listened to before; the coach's role is to understand what is being said and often what isn't, and to find the questions that help develop deep thinking and new perspectives.

Lucy has extensive experience of coaching at every level up to and including CEOs, with clients located both in the UK and various global locations. With expertise in change management, she is able to help clients identify changes that are needed and how they can make them happen. Lucy has coached clients on areas that have included developing leadership capability, enriching relationships, identifying strategic focus, driving transformation, and improving communication.

Lucy's style of coaching has been described as supportive while challenging, as she helps clients develop their self-awareness, personal impact and confidence. Clients Lucy has worked with come from a broad range of organisations, including Hyundai Capital UK, The Financial Services Compensation Scheme, The Electoral Commission, Volker Fitzpatrick, Solarcentury and Omnicom, to mention a view.

How clients have described Lucy's coaching:

"Lucy's coaching style is relaxed but challenging and she helps me to see other perspectives and solutions to problems"

"Lucy quickly establishes a trusting and safe rapport, to enable you to delve deep and work through the areas which are holding you back from achieving greater success. Lucy uses a range of tools and techniques which create impactful reflection and perspective, opening up different options and ideas. "

"Coaching with Lucy was a hugely valuable part of my preparation for a new leadership role. Lucy has a way of getting to the root of things quickly and enabling you to really take a step back and view things holistically. Our sessions were relaxed and informal - Lucy puts you at ease and allows you to feel comfortable focusing on self-reflection. Having said that, she is not afraid to challenge and to make you think!"

"Lucy really does make you feel at ease whilst asking the difficult soul-searching questions. Not only do I feel the sessions have been beneficial, but my peers and Directors have noticed a step change in my approach and confidence."

"I really enjoy working with Lucy but be warned; as a coach, she makes you really work hard! Lucy has a wonderfully insightful and challenging approach that enables you to be clear about your objectives and outcomes."

"I would add that in addition to all of the above, Lucy is fun company that made our sessions not only rewarding from a coaching perspective, but also sessions I always looked forward to - as I found them energizing and motivational."

Lucy is an ACC accredited coach with the International Coaching Federation, a Barefoot trained coach. Qualifications include a Post-Graduate Certificate Certification in Business and Personal Coaching and Licensed Practitioner of NLP.



All testimonials are available to view on Lucy's LinkedIn profile at <https://www.linkedin.com/in/lucywake/> and further information can be found at <https://www.lucywake.co.uk/coaching>