

# *Nicky Kilpatrick*

## *Leadership Coaching Consulting*

### **Who am I?**

I am Nicky Kilpatrick and I'm a certified executive coach. I have come to coaching from a background of 25 years as a clinical academic. Over this time I have been part of, managed and led multi-disciplinary teams of clinicians, academics and scientists in healthcare and university environments in both Australia and the UK. These experiences have reinforced my conviction that the best outcomes are achieved when individual team members are working effectively and feel fulfilled.

I believe that everyone has the potential to be successful and throughout my career have felt a responsibility to support those around me to grow and to succeed. Coaching provides me with the framework and skills not only to facilitate individual professional development but now, through my work with organisations such as Dental Health Services Victoria, the Murdoch Childrens Research Institute and the University of Plymouth I am also able to promote broader cultural change across the clinical and academic sectors.

### **What is coaching?**

Coaching for me is about supporting people to be as successful as they want to be. Coaching facilitates sustainable positive behavioural change by increasing self-awareness, supporting reflective learning and creating accountability. It provides a safe space for reflection, priority setting and purposeful decision making. Through a structured, professional relationship, I can help you to define what success means for you and to identify your goals both professional and/or personal. Using a range of approaches, depending on what best suits you, I provide reliable and committed positive support which will help you to reach these goals. No matter how big or small; embarking upon a career change, making a professional transition or having difficult conversations, coaching can provide a framework through which you can acquire the skills to overcome challenges and make successful choices.

### **How do I work?**

To get the most out of your coach, it is important to make sure that the 'fit' is right and that both parties understand the needs and expectations before embarking upon the journey. If you are interested in exploring coaching, we can arrange a no obligation introductory conversation (in person, by phone or skype whichever best suits you) so that we can learn more about each other. At this time I will give you more information about the process, my terms and conditions and answer any questions. If the 'fit' is right and you wish to proceed we can arrange an initial 1 – 2 hour session during which time we will explore in more detail your coaching needs and clarify your goals. Subsequently, should you decide to continue, we'll arrange a programme that best suits you. Most successful coaching relationships involve regular meetings over a period of up to 12 months in the first instance however I incorporate regular opportunities to check-in with you to ensure that your expectations are being met and you are achieving your goals.

Feel free to contact me for further information.

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