

*I started the coaching journey with Nicky with no clear understanding as to how it would benefit me, but I was willing to give it a go. I thought I knew the kind of person I was and definitely did not think I needed a coach. I have had a few 'ah ha' moments since and this has helped me begin to understand how my mind works and the driving forces underlying my decision making processes. This to a person like me who has strong emotional responses to most events and a harsh inner voice is hugely liberating. Nicky has helped me develop strategies to look at a project not only in its entirety but as little steps that I can work towards without feeling overwhelmed. Nicky is a great listener and has an unerring knack of asking the right questions to get me to be self-aware. I have been able to apply what I have learnt in both my personal and professional lives and this has helped me bring more focus and energy to both. I would highly recommend Nicky to anybody looking at getting clarity within and be the best they can be.'*

SR. Senior research administrator

*It all started off as just a fortunate thing to happen to me! However my experience with Nicky has been transformational and I am excited about the journey ahead. Nicky provides open and neutral advice in a methodical way that can be difficult to find within ones' workplace. I find her observations, opinions and suggestions have proved useful 100% of the time. Nicky has given me great insight into projects and allowed me to bounce ideas around with trust and openness. She has helped me develop strategies to bring culture change at work which is always challenging and importantly has kept me committed to these strategies through regular coaching follow up. Nicky has helped me become more self-aware of everything I'm dealing with by facilitating discussion through the right questions. She has also helped me find better balance in my work and home life.*

*I am fortunate to have found Nicky early on in my professional career. I name Nicky as one of the top contributors to the success that I enjoy at work today.*

AN. Newly appointed consultant