



Momentous Coaching 10b Goldhawk Mews London W12 7BB

Testimonials

'Executive coaching sessions with Barbara have made a huge difference to the effective management of my career. I am able to actively manage opportunities, events and behaviours, through the insights that coaching has given me, to consistently achieve goals rather than being sidetracked or set back.'

SR Senior Manager BT

'I found the sessions invaluable. It is good to have the opportunity to take time away from the job to focus on personal development especially with someone who is not directly involved with you in the day to day office environment. Barbara is a great listener and challenger ! and asked lots of questions which made me think differently and more and came up with great observations, techniques and recommendations to support me in my development. Barbara has helped me a great deal and has changed my mindset and I would like to say a huge thanks'

KS, Manager FMCG

'The coaching relationship with Barbara enabled me to develop as an individual so that I could operate at a more strategic level. My self-confidence has grown during this period and the skills I have acquired at reading people and situations has been invaluable. The relationship has not only benefited me as an individual, but also the contribution I am able to make to the organisation.'

Senior Manager HR BT

'Barbara is intelligent, energetic and positive in all her work and really helped me to get 'unstuck, 'let some old stuff go', and feel positive and confident about the change in career which I was contemplating. I gained ideas about how to tackle the new work area, and how to deal with some of the key people in that new situation. It was very stimulating that Barbara was always prepared to try something different so that we always made progress. She is also not a 'light touch' and expects commitment and follow through on your part also!'

EG. Principal Consultant



Testimonials continued...

'I was in a position where although successful in my role, I was uncertain about the next step and also had some issues with my relationships with some key stakeholders. Barbara helped me to clearly identify the next step for me and provided me with a number of workable strategies to make that future a reality. As a result my motivation has increased, my work life balance has improved and my stakeholder relationships have been revolutionised. I will continue to use my Feed Forward mentors to help me shape the future and employ the new strategies Barbara provided to position myself to progress in the company whilst at the same time delivering enhanced business results.'

PW Marketing Manager

'Having a personal coach really helped realise my potential and move forward in my life in a confident manner. It changed my perspective and thinking and more importantly I have learnt to lead an enriched life, enjoying the many challenges that I face.'

RS Microsoft

'Barbara really helped me to develop and make changes in my life. I'm really proud of my development now'

TG, personal coaching client

'My world is in my own hands – it's not managed by others, and I am stronger for knowing this'

BP, Snr Project Manager, BT Wholesale

'Gained more self-confidence. Obtained more job satisfaction. Improved memory. Improved marking on Quarterly Performance Review. Improved feedback'

PW, Manager, Telecomms

'Barbara's extensive experience enables her to coach in a way that intuitively delivers direct challenge to your beliefs and strategies. Her individual style prepares you to respond positively to these challenges, as she guides you through to reach your own solutions.'

'I no longer feel that I still have another 15 years left of my sentence. I feel as if a black cloud had been lifted. I am starting to enjoy my work and feel the future is bright.'

LS, Managing Director



Testimonials continued...

'We worked on developing an International Strategy for the International Business Unit at XXX. The outcome is that I am much more confident and aware about managing my relationships with my boss, team and key stakeholders. I manage poor performance effectively. I still use the visioning and Lance Armstrong analogy of planning to climb a hill. Great coach by being patient, and supportive, and allowing me to solve the issue at hand myself, excellent listener. I enjoyed your insights, anecdotes and interesting tools drawn from your experience at BA et al. I also like the fact the coaching was tracked and monitored before and after each session.'

RG, Marketing Director, RHM

'Objectives were clearly set at the start, and were all covered in the sessions to enable real outcomes to be seen in a relatively short time. I understand myself and my behaviour better, I recognise my triggers, and the future looks rosy.'

JS Manager, pharmaceutical company

'The coaching sessions were to enable me to create work life balance. They enabled me to contextualise work and to use mechanisms to identify and deal effectively with stress or 'negative' feelings and also to be able to use techniques to be able to empathise with others in order to avoid potential conflict situations. I've noticed that I am much more relaxed in work.'

PN , Marketing Manager

'My life has completely changed and I am so grateful. My friends all notice the difference. I can't thank you enough.'

SH, Personal Coaching Client