

Being Coached

By Mike King



Mike King

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Having a good rapport with your Coach is important in being able to trust them with your thinking.

Often by reading a biography we get an understanding of their qualifications, their experience and sometimes their values and style of coaching. So how do you choose or match a client and a coach?

Mike King shares below more about his beliefs and philosophy of the things he likes to coach and some scenarios that will give more depth to his Biography.

I fundamentally trust in the potential for people to overcome their self-limiting beliefs, to achieve more than they imagined possible. This is not straight forward or easy; A skilled coach can help but you must find the motivation to change from within yourself.

I have enjoyed a long association with the Leadership Trust which started in 1992 when I attended the Leadership in Management course as a delegate. My extensive experience as both Facilitator and Course Director gives me a deep understanding of the core theories and leadership principles that underpin these programmes.

Thousands of people get the fantastic opportunity of a Leadership Trust course but for many the learning stops there. My coaching proposition is to walk alongside you as you return to apply your learning where it matters. With coaching support, the process of experiential learning can be continued beyond your course, enabling you to continue your leadership development at work.

People often describe their experience of the Leadership Trust as life changing. They temporarily transcend their usual range of communication and emotional intelligence. They

talk openly about their feelings and the impact of their behaviours on others. This is possible because of the 'safe space' created on the course by the facilitation team. It is very challenging to continue this in the workplace or even at home. As your coach I can help you recreate that safe space and enable you to continue your learning. You will not be short of leadership challenges, each of which provides an opportunity to further grow and develop your skills.

So why choose me as a Coach?

- You have returned following your course and are keen to take full advantage of what you have learned.
- You would like help developing and implementing an action plan.
- Your course has caused you to challenge some of your previously held beliefs and behaviours and you need help making sense of this.
- You appreciated your facilitator and want a coach who will continue to listen with empathy and ask challenging questions.
- You would like to hone the skill of reflective practice and continue the experiential learning process with 'real' workplace projects and teams.
- You seek a safe space where you can talk openly about your feelings.
- You need help building effective relationships at work.
- You are curious to continue your leadership development journey and discover your authentic self.

Mike holds the ILM Level 7 Certificate in Executive Coaching and Mentoring