

How coaching can support your creative work

Prepared by
Coaching for Creatives

One-to-one coaching can help address habits, behaviours or beliefs to creative positive thinking & performance.

Coaching provides

a safe, supportive & challenging space

a trained coach who will facilitate a supportive & challenging space

a better understanding of personal & professional development needs

Find a Coach

When you arrange one-to-one coaching, it's important to find a coach you connect with.

Many will offer a free chemistry call.

Allow yourself the time

A coaching session is 1 hour.

This can seem like a lot when you feel busy.

This is time for you to focus on what you need to be the best version of yourself & save you time in the future as a result.

Holding Your Space

Coaching can happen in person, online & even over the phone.

It's important you feel comfortable in the space & won't be interrupted.

Setting the goal

You decide the goal for a coaching session. Sometimes it takes a while to figure out what the goal is & that's okay!

A coach is not there to provide the answers or solutions – a good coach will sensitively guide & support you to work it out yourself.

Find a Coach
to work with at

www.coachingforcreatives.co.uk