

Story Coaching



Story Coaching is a powerful process that helps unlock, clarify, strengthen and script the story that you need to tell.

As a performance coach working with aspiring and talented women and men I often invite them to tell me a story about something they have achieved and are proud of. After some hesitation (“I don’t like to big myself up”) they tell their story.

What emerges is an exciting and powerful shift in energy, presence and value.

Why does this happen? It happens because when you connect to your life experience through story you are at your most authentic.

Your stories are your greatest source of self-discovery, meaning and purpose. Your stories inform your view of the world. They live within you at a cellular level and even shape your physicality!

As the “Artistic Director” of your life and career your stories help script who you are and who you can be at your best.

- For individuals story coaching is an effective method for creating and rehearsing your career profile and transforming it into a compelling narrative for interviews, promotion panels, career development appraisals, and performance reviews.
- For people in career transition story coaching is a critical developmental tool for setting the right new direction.
- Story Coaching also works beautifully with project or departmental teams and across organisations where vision, values, branding and key messages need to be clear, courageous, and inspirational for all to invest in.

In our sessions the imagination is unlocked through rich and creative exploration of language, visual imagery, bodywork, writing and scripting tools, improvisation, dialogue, rehearsing, performance and rigorous feedback.

To know your story is the most effective means of achieving and sustaining maximum confidence and authenticity – the key to high performance and leadership that inspires.

Coaching Sessions

- Your Authentic Voice
- Creative and Confident Presentations
- Mapping your CareerStory
- Confidence and Courage
- Clarifying Your Personal Brand
- Team and Organisational Story