

ThinkingFeelingBeing

ABOUT YOUR COACH

Tim Rogers

Helping people and organisations get things done.

I am a Project Manager used to supporting people and organisations achieve their goals. In business 3 of the clients I have worked with have gone on to win Director of the Year.

I am also a former athlete and sports coach having competed in the Commonwealth Games and British Coastal Rowing Championships. I have 2 gold medals as a rower, and 2 as a cox / coach helping other crews achieve their goals.

My current pastime is kayaking, and in 2022 spent 14 days paddling in the Greenland wilderness I am training to become a sea kayak leader.

I like helping people achieve stuff, so as well as teaching for the Chartered Management Institute I am also a trained Coach, qualified Mediator and experienced Mentor.

SUMMARY PROFILE

Management Consultant MBA

Experienced team and change facilitator

International Coaching Federation ICF Trained Coach

Volunteer IoD Mentor (BeTheBusiness.com)

Chartered Management Institute Tutor for Level3, 5 & 7

Sports Coach - Rowing and Triathlon

Qualified Personal Trainer

Mediation Practitioner

COACHING

Coaching is a process that aims to improve performance and focuses on the 'here and now' rather than on the distant past or future. Good coaches believe that the individual always has ideas and opportunities to resolve whatever is holding them back but understands that they may need help to define their goals, set their path, and achieve their success. Coaching is about listening, reflecting, asking questions and unlocking YOUR potential.

MENTORING

Mentoring is development driven, looking not just at the current job function but beyond, taking a more holistic approach to career development. Mentoring is non-evaluative, while coaching is based on measuring performance change. Due to the personal nature of mentoring, a mentor will more often than not draw on their personal experiences and expertise to help their mentee. This could be in the form of sharing a story that taught them a valuable lesson, or a challenge they overcame in their career.

RESTORATIVE ADVENTURE

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Restorative Adventure can occur indoors or outdoors as well as in urban or rural settings. It incorporates games, trust activities and wilderness based programming. Mentors incorporate kinesthetic and natural elements into many of our sessions with activities such as hiking, fire-crafting, fishing, tandem canoeing, orienteering, climbing, tracking, archery, swimming, hiking, biking, carving/carpentry, wilderness exploration and more.

CONCLUSION

Coaching can support people to be the best people that they can be. Mediation can help with resolution if not reconciliation. Adventure, as noted above, can help reconnection and provide an environment to build new relationships within ourselves and with others.

FEEDBACK FROM CLIENTS

I have really enjoyed working with Tim for a few sessions. After the chaotic 2020 we have all experienced, the thoughts in my head felt like the insides of a tumble dryer. I knew I had the solutions for some of the challenges I was experiencing, I just couldn't tease them out. Speaking with Tim helped me to unravel some of the strands of my thinking and follow them through to identify several potential options as well as talk through the role I play in each scenario. Having someone listen without judgement and ask incisive questions was invaluable at the time that I needed it the most. I have recommended him to others.[Anon. Manager, Education and Learning]

I found Tim's approach to coaching extremely helpful in exporting ideas and thinking of solutions. Tim really helped me to identify the cause of a particular stumbling block I had, thus enabling me to address it and move forward. [Anon. Manager, Jersey Charity]

Tim's approach will always help you explore and reveal more options and solutions. Tim knows how to motivate and guide you to find and achieve your goals. His ideas and way of thinking are built to help you eliminate any challenges you might face. Happy to have worked with him and would warmly recommend to anyone. [Cosmin Saltan cosmin@seeforward.co.uk]

Its great working with Tim, it took me a few sessions to understand that there was almost nothing he couldn't help on. He's encyclopaedic on concepts that aid all areas of working life. His ability to be a head of the conversation creates a clear and effective pathway for any idea or challenge that is presented to him. He helped me with understanding the potential of myself, improved how i communicate and manage information, whilst maintaining a deep integrity for detail and complexity. Like with all excellent educational experiences my first thought is, how I wish more people can access it. He's helped specifically in two areas, to present a systems approach methodology to a governmental group, and to rationalise my ideas for a small food business that I am a director of. [IH 2020]

Tim's style, manner and pragmatic approach has been very valuable. His contribution will have a positive and lasting effect on the way we work as a team. [AH 2020]

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Tim Rogers independent and external view provided an excellent sounding-board and some practical challenges to the delivery of the IT Strategy and the development of the Service Delivery Plan and related Key Performance Indicators. What was particularly helpful was the use of a coaching and collaborative style that kept us in the driving seat, but allowed us to call on Tim's experience at strategic intervals. We believe this allowed us to achieve in 6 weeks what might otherwise have taken 6 months. [MO 2020]

CONTACT

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Helping people and organisations achieve their goals: We provide #facilitation and #support the #thinking, #feeling and action needed to #resolve and move forward.

There is an optimum combination of factors or qualities which help people and organisations transform. It is a blend of listening, challenging and sharing and comes from expertise, experience, curiosity and a passion to performance for a purpose.

#mediation #coach #mentor #philosophy #psychology #purpose #thinking
#feeling #being #icfcoach #coaching