

**BLUEGNU**  
CONSULTING

# Coaching with Blue Gnu

Prepared by Elaine Gosden





# OUR UNDERSTANDING OF YOUR NEED

After a detailed conversation with key stakeholders, we'd bespoke our coaching approach to suit your organisation culture, the needs of the coach and the sponsor and we will give relevant details here.

What you see in this document is a generic approach to give an idea of structure, flow and costs of working with us on a Coaching Agreement.

## **Our Approach**

As well as following the steps outlined on the roadmap, our approach to coaching relationships is to build a strong connection with the coachee and to facilitate moments of self awareness and understanding through incisive questioning and scenario building. Our unique selling point at Blue Gnu is the relationship that we build with clients prior and during the coaching sessions to ensure that we can add value to the business and ultimately to the coachee themselves. We are not afraid to say 'no' to working with a client if the chemistry is 'off' or if we do not feel we can add value.



# PURE COACHING COSTS

## Pure Coaching

5 x 60 minute 1-1 coaching sessions  
(with no additional resources or tools)

Cost per person £1,975 + VAT

**Travel will be charged at an additional cost for the coach - Price TBC depending on location**

# OUR COACHES



## Clare Bryant

As a coach, Clare loves working with leaders and individuals to help them remove barriers to the realisation of their goals and full potential. Clare works from the belief that the coachee already has everything they need to succeed but that we all sometimes need a different perspective and help to work on our limiting beliefs. Expect a coaching session with Clare to be engaging, supportive as well as challenging with clear accountability and outcomes.

**Read more about Clare [here](#)**



## Stephen Fortune

Stephen's areas of expertise are his confidence when coaching senior leaders and executives through change. Working with them to develop their authentic leadership style, inspire self and others and their approach and presence. He also enjoys transition coaching, including international transitions and leading across cultures, plus leading virtual and matrix teams. Stephen works with his coachees at a mindset level to help get clarity on behaviours and desired impact on self, others and the business.

**Read more about Stephen [here](#)**



## Briony Lawton

Briony focuses her coaching to support coachees in creating space to breathe, slowing down and time to think in senior leader coaching and facilitation, whilst bringing with her a wealth of experience from the corporate world. She combines her understanding of business with her knowledge and experiences of organisational dynamics in coaching and facilitation to develop the internal resources to slow down, create work-life harmony, align with what matters, adapt and develop resilience in changing and fast paced environments.

**Read more about Briony [here](#)**



## Toby Gosden

Toby's approach to coaching is to listen without judgement so as to gain an understanding of the person he is coaching, and then to take the conversation 'upstream' at some point to view things from a different perspective. He is interested in what brings people to life, what they really want, as well as which of the stories we tell ourselves are genuinely true versus those that strangle our life energy and stop us from fulfilling our potential. Gaining this clarity can help transform how a coachee sees their situation and their mind habits, as well as identify what action is required.

**Read more about Toby [here](#)**



## Lorraine Kay

Lorraine's background is in leadership and organisational development where she has worked with leaders and their teams across a wide range of sectors and diverse cultures. She's an experienced individual and team coach who loves bringing the high energy and engagement of an Insights Discovery event to teams who are looking to raise individual self-awareness and explore what this means for personal success, engaged team working and high performance.

**Read more about Lorraine [here](#)**

# TERMS & CONDITIONS



Read our full Terms and Conditions on our website [here](#).



**We look forward to working with you!**

Elaine Gosden - CEO

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