



Transformational Coaching with Nicola Huelin

Award-winning certified Personal Transformational and Leadership coach, TEDx speaker, and author of *The Invisible Revolution*, specialising in women's empowerment.

Nicola is a multi award-winning, certified Personal Transformation Coach (trained in CBT and NLP based mindset development techniques), with over 20 years' experience in business, as an executive and senior business consultant within multiple industries; Telecommunications, IT, Public Sector, Education, Hospitality, and as an entrepreneur.

Renowned for her pioneering work in women's empowerment (personal success, confidence, self-belief, work-life balance, resiliency, time mastery) Nicola is author of *The Invisible Revolution*, listed in the Independent's 10 best business books written by women. With over 20 years' experience in combining business success with family life, Nicola's work has been featured on international TV and Radio, and gave a TEDx Women talk on how mums in business are changing the world.

Nicola holds an Honours degree in business economics with a specialism in Marketing and postgraduate qualifications in change and project management and was an approved Marketing Advisor on the government's Business Growth Voucher scheme.

A registered AMAC coach (Associate member) with the Association for Coaching, Nicola holds a diploma in Personal Transformation Coaching, Small Business Coaching, and Group Coaching from the Animas Centre for coaching, London. All coaching training fully accredited and recognised by The International Coach Federation, The Institute of Leadership Management and The Complimentary Therapists Association.

Recent clients include: Siemens, NHBC, Avado Learning, Edgehill University, Ipsen and BIMA.

Each coaching assignment is completely confidential, person-centred and provides individuals with a powerful space, and coaching tools, for personal growth to empower and support the individual to turn their big vision into reality.



Coaching Process – How it works!

Virtual coaching and face to face coaching is available. The coaching process will be designed based on the context and desired outcomes. To gain the most from each session it is recommended they are run away from the workplace.

The process Nicola uses is based on the following elements:



Stage 1: Build Rapport

Build Understanding and Trust, Create Safe Environment, Setup Confidentiality, Agree Boundaries and Ways of Working, Agree Areas for Coaching

Stage 2: Create Compelling Vision

Agree outcomes, objectives and goals

Stage 3: Explore and Learn

Understand context, situation, concerns, opportunities, Run GapLeap session, Understand importance and existing levels of performance

Stage 4: Generate Insights and Ideas

Build on strengths, Co-build solutions, Look at how others solve issue/opportunity to gain insights, Generate ideas and options

Stage 5: Clarify Focus

Evaluate ideas, Prioritise, Agree best solutions

Stage 6: Create Plan

Create evolving plan, Clarify tasks and actions, Remove risks, Understand what support is needed

Stage 7: Achieve Results

Deliver tasks, Carry out ongoing review, learning and agree stop/start/continue

Further information:

www.thesuccessfactory.co.uk

e: nicola.huelin@thesuccessfactory.co.uk

t: +44 (0)1829 771770

