



Would you benefit from coaching support?

Working in Early Years, education, training and development brings joys and challenges in equal measure and calls on finite reserves of energy and resourcefulness. There can seem little opportunity to pause, step back and reflect. Are you experiencing this? If so, you would undoubtedly find the support of a coach relevant and useful.



What can it offer you?

Coaching allows you to unload some of the burden of everyday concerns and frustrations in the workplace; process and make sense of information and experiences; explore aspects of work practice by taking a wider view; puzzle through issues and find solutions that resonate at a profound level.



Where would it take place?

In a neutral location where you feel comfortable and free from interruption.

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What is the coaching process?



Meeting times could vary from once a week to once a month, depending on your time constraints and needs.

Length of meeting: 1– 3 hours.

Free initial meeting and interview.

Fees negotiable according to programme.



About gain.insight

gain.insight offers support from a highly qualified educator, manager and leader who has wide-ranging experience of promoting the learning and development of different client groups ranging from children to adults and has a proven track-record of empowering others by adopting a coaching approach.

"I found the coaching useful and helpful in forward planning of all my goals. I have greater clarity and confidence. I found the process highly supportive and enabling."

*Niru K.
Early Years Professional*



Ethical code of conduct

Full regard is given to an ethical code of conduct and confidentiality as outlined by the Association for Coaching and the European Mentoring and Coaching Council (EMCC).



Some background

The power of coaching as an approach to enhancing performance in the workplace has been conclusively demonstrated over recent years. It helps us be more effective at an individual, team and organisational level through a learning process that is deep and sustained.

Methods such as active listening, echoing, paraphrasing, summarising, asking open and probing questions, allowing for silence and going with the flow are used to invite clients to see matters in a new light, explore options for change, find solutions and move on.

Professionals can benefit significantly from such an approach especially if they engage in dialogue with someone who is not directly involved in their organisation but works independently and remains impartial but interested and understanding.

Coaching as offered by **gain.insight** is “off-line help by one person to another in making significant transitions in knowledge, work or thinking”.
(Megginson and Clutterbuck, 2008)

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coaching
mentoring
learning
and
development

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