

# FORD CONSULTING

Fostering Potential ■ Building Belief ■ Inspiring Excellence

## Testimonials

### Coaching

"I am much more aware of what I love and want in my career and have the confidence to pursue it."

*Deputy Chief Nurse*

"I started the coaching experience very cautiously with a little scepticism but cannot believe the difference it has made to my life. I have found myself to be more confident and positive. I am challenging myself, putting myself forward for opportunities, rather than blending in the background and finally moving forwards."

*Macmillan Cancer Care Coordinator*

"Conversations with Liz helped me to explore a tangle of thoughts, ideas and anxieties and sort it into something meaningful. I've regained lost confidence and courage and found my true self again."

*Project Administrator, Macmillan Cancer Support*

"Liz has an outstanding coaching style and understands fully the wider challenges in the organisational system. She is able to ask powerful questions and provide a safe reflective space."

*Director of Nursing*

"As a result of Liz's continued support, I have gained confidence in my abilities and a greater understanding of the areas in which I struggle."

*Neurodiverse Client (Dyslexia)*

"My coaching sessions have given me dedicated pockets of time in which to reflect on my progress and my development goals."

*Senior Associate PwC*

"Liz is a fabulous woman, who has helped me to develop my leadership capability and secure a Deputy Director post in my organisation. Thank you!"

*Deputy Director Commissioning Community Services, NHS CCG*

"I have gained confidence and clarity and been inspired to take control in difficult situations using the principles and strategies explored in my coaching sessions."

*Head of Patient Engagement and Experience, NHS CCG*

"Liz has helped me immensely. She has assisted me to recognise my frustrations, identify what triggers them and work towards solutions to behave differently. I feel much better and relationships at work are improving."

*Ward Sister, Palliative Care*

"Liz's skills and experience in offering Reflective Oasis sessions for senior executives helped me redefine my future career aspirations in a very significant way. Her ability to encourage real introspective thought, and then translate these thoughts into action is why I would not hesitate to recommend Liz to anyone wanting to break out of their current way of thinking and do something different!"

*Phil Maud, AMBA Student, Marketing and Corporate Affairs Director at LightwaveRF plc*

"You have a gift for making dreams happen. You believe in me and that helps me believe in me too."

*Minister, Congregational Church*

“Liz was fantastic coaching me, simply the best coaching session I’ve ever had. Thank you so much. This has lifted something that has been around since I was 13 years old. I am indebted to you.”

*Independent Conflict Mediator*

“My coaching sessions with Liz gave me focus and direction. She unlocked the motivation and energy I needed to tackle issues I had been ‘parking’ and which had been holding me back. Thank you, Liz!”

*Client Services Manager, Primeast Ltd*

“Coaching has been the single most empowering personal development I have ever done.”

*Kathryn Blackburn, Head of Student Marketing, Leeds Metropolitan University*

“Coaching enabled me to build my confidence and take a much more hands-on approach to my career development. Liz is a star and I would recommend her to anyone.”

*Management Consultant, The Nichols Group*

“Liz provides executive coaching for MBA students at Bradford University School of Management. Feedback suggests students find this to be a highly worthwhile and effective experience. I have absolutely no hesitation in recommending her.”

*Dave Spicer, Associate Dean, MBA Programmes*

“The thing I valued most about these coaching sessions was the opportunity to reflect and discuss matters with a 3<sup>rd</sup> party who was independent from work, family and friends and able to provide both challenge and support.”

*Project Manager, Management Consultancy*

“The benefits I gained from my coaching sessions were enormous. They helped me to find focus and set goals as well as learning another valuable leadership skill.”

*MBA Student, Bradford University School of Management*

“I’ve found the coaching a valuable and rewarding experience. The greatest value has been talking through some self-limiting beliefs and gaining more understanding of what’s holding me back. Thank-you!”

*Freelance Development Consultant*

“These coaching sessions have served to identify several vital issues that have had a direct impact on my performance. They were skilfully conducted and appropriately assessed.”

*MBA Student, Bradford University School of Management*

“Coaching helped me to understand the benefits of putting into words the feelings and thoughts that were in my mind.”

*Business Development Manager, global pharmaceutical company*

“Coaching has had a big impact on me. I think it is deep and will be long lasting. It has helped me to make some very big personal and career decisions.”

*MBA Student, Bradford University School of Management*

“I have gained greater focus in the tasks required to manage my team, and confidence to put plans into action.”

*Regional Rural Head, Savills*

“Liz helped me to gain focus and uncover different ways to resolve situations at work. I found coaching a supportive, motivating and cathartic experience - Thank you!”

*Nikki, Curriculum Leader, Hull College.*

“As the process was so open and personal, focused on me, the strategies that have been developed feel part of me. They started off as a conscious guide and have become part of my own reflexes, enabling me to achieve the personal and professional development that I aspire to.”

*Polyanna Katsafourou, Senior Registrar, Leeds Teaching Hospitals*

“I was somewhat sceptical about coaching but I found our time together to be one of my best investments in personal development. Liz’s coaching helped me to unlock time, become more effective in my professional role and, more importantly, it enabled me to enjoy my life outside of work.”

*Dave Vickers, Assistant Head Teacher, Humberside*

“Liz has the ability to synthesise information and ask just the right questions that in turn encourage you to reflect upon your own practices and steadily begin to alter them.”

*Assistant Head Teacher, Humberside*

“Thank you for all your help - you've been brilliant in helping me to get my head together in preparation for interviews and I've enjoyed working with you. If anyone asks me where they can get help with interview coaching, I'll be recommending you!”

*Vicar, Church of England*

“From the very first session I was able to make changes to my day-to-day working practices that have been invaluable.”

*Senior Manager, Leicestershire Partnership NHS Trust*

“The coaching has made a real difference to me in terms of my current role but also in being able to determine what direction I want my future career to take.”

*General Manager, Mental Health Trust*

“Liz had a great way of looking at things from a completely different perspective to mine which allowed me to contextualise problems and solve them far more easily than I had been able to before.”

*Senior Manager PCT/CCG*

“Coaching Rocks!”

*Project Manager, Tearfund*

“I can honestly recommend coaching to anyone who needs time to step back from the minutia of work and to reflect on their own specific objectives.”

*Chris Tomlinson, Senior Manager, Local Authority*

“Anyone who enters a coaching programme thinking that the coach will provide the answers is plain wrong. However, Liz enabled me to find the answers from within which turned out to be a much more satisfying achievement!”

*Head of Waste Operations, Local Authority*

“I have found the time spent with Liz incredibly useful. It has been invaluable to have time away from my normal working day to explore issues. I have changed the way I work and moved forward in my career as a result of these sessions.”

*Regional Fundraising Volunteer Strategy Manager, Sue Ryder*

“Liz helped me see my full capability, giving me confidence to achieve appointment to the Board post.”

*Chief Nurse & Quality Officer, NHS North Derbyshire CCG*

## Coaching Supervision

“Liz is a really empowering and helpful supervisor. I like her flexibility, openness and transparency. She guides, challenges and supports me and most of all, empathises and stands alongside me. At the end of a session I've reached a point that in many ways I already knew but hadn't quite articulated or fully realised before. She helps me to tap into my own wisdom.”

*Ailie Kerrane, Coach*

“I find Liz an exceptionally gifted supervisor. She always helps me to see and think more clearly and really contributes to my development as a coach.”

*Independent Coach*

“Liz Ford is an excellent coaching supervisor. She provides a safe, non-judgmental space where she encourages me to stretch myself. She is supportive and challenging, thought provoking and inspiring, and best of all for me, very creative in her approach.”

*Jenny Cooper, Coach & TFT Practitioner*

“I've worked with 3 different supervisors over the last few years and Liz is by far the best for me, regularly helping me to challenge my own thinking.”

*Tilla Brook, Coach & Facilitator*

“I highly recommend Liz as a Coach and Supervisor - she is creative in her approach, highly experienced and always ensures that each session is engaging and valuable.”

*Kay Matthews, Senior Training Consultant*

## Training / Consultancy / Facilitation

“This coaching workshop should be compulsory for all managers. It is the most useful and high impact course I have ever been on. It has changed the way I manage work and personal relationships for the better.”

*Marketing Manager, Faculty of Arts & Society, Leeds Metropolitan University*

“Liz's work was always to a very high standard and delivered in a timely fashion. She consistently produced quality documentation following only an outline brief from myself. Above all, Liz was always pleasant, helpful and informative and I can wholeheartedly recommend her to prospective clients.”

*Pathology Services Manager*

“Liz has undertaken several projects for us including developing our corporate induction programme, delivering a variety of training programmes and assisting us with mapping our business processes. Her work is of a high standard; keenly undertaken and professionally presented.”

*Vice President (UK & Ireland), global healthcare company*

“Could I just reiterate how much I enjoyed the time management workshop. I am already putting ideas into practice and with some success!”

*Tom Harbord, Facilities Manager, Guiseley School*