

# CREATIVE COACHING

‘So what exactly is coaching and how can it help me?’ This is a question Zoë Dawes from Chartwell Coaching gets asked all the time – so here is an example of how coaching helped one individual to fulfil her creative potential and become a successful published writer. A colleague suggested that Liz Ashworth use a coach to help achieve her ambition to write and make money from her work. ***‘I had always wanted to write but felt it was too risky to give up my teaching’.*** In an initial consultation Zoe and Liz agreed that they would work together for 3 months, focusing on the barriers blocking Liz and exploring options for financial assistance during her writing time. The coaching was done over the phone, 3 times a month with two face-to-face sessions, for a period of 6 months.

Using various coaching skills, including listening and questioning, pushing boundaries and taking some calculated risks they overcame the block about *making money from art* and got a bursary to fund Liz’s writing. With support, challenge and encouragement, Liz took on supply teaching to free up time to write. Her first book, a semi-autobiographical novel, was published two years ago.

A year later Liz approached Chartwell for more coaching and they worked together on developing further income streams to enable her to pursue her writing vocation. Liz now has her own website giving creative writing courses on-line, lectures in English part-time at university and has published a collection of short stories. She is currently researching her third book, about John Constable, who spent time painting in the Lake District. Of her coaching experience she says, ***‘Zoë gave me the confidence to take that leap of faith and do the thing I really wanted to do. She also gave me practical help and support to make things happen. It has paid dividends!’***

Coaching is not an easy option, nor is it cheap. You need to commit both time and money but if you really want to realise your ambitions and develop your business then it could be just right for you. You can find out more about Chartwell Coaching at [www.chartwell.biz](http://www.chartwell.biz) For a free initial consultation call 01524 735715.....what have you got to lose?

For further information, please contact:

Zoë Dawes, Chartwell Coaching

01524 735715