



The Professional Woman's Coach

Testimonial 2

Jen, Senior Associate, Top 10 law firm in Australia

The following comments just touch on the results I experienced during coaching with Moira. That coaching still has power and effect now.

Interpersonal skills

A benefit of the coaching I received was in the area of my relationship to others. I was always a very amicable person anyway and got on with most people, but the training brought empathy and relatedness to a new level.

Ability to delegate

With the increased confidence and trust in myself, I also learnt to have confidence and trust in others. My improved communication skills, and greater confidence meant that I was a much more effective leader/supervisor. As a result my direct reports also benefited, and experienced their own results. The micro-managing stopped. By restructuring my workload and delegating more effectively to others I could get on with the business of law.

Being professional and still being a woman

I also learnt to own who I was as a person and as a woman. Rather than trying to be like the boys, I could still be me, and also not resist the strength I had as an individual. I am a strong and determined person by nature, but would often try and temper or tame that by being giggly, or even "whiney" (I had a whiny brat voice that I would sometimes use in certain situations, which Moira and I laughed about, which was then rigorously coached). I am very much a woman but also an astute and effective professional.

*All coaching assignments are undertaken on a strictly private and confidential basis.
The client referred to in this case study has given their full approval
and is willing to provide a personal recommendation if required.*

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