



Critical Event Coaching

Format

Sponsoring Organisation

Briefing meeting to familiarise the Coach with the background surrounding the critical event

One-to-One Coaching

A single exploratory coaching session lasting between 1 and 3 hours

Recommendations

At the conclusion of the coaching intervention the Coach will make their recommendations to the sponsor regarding the next steps

Duration

Single event
Every effort will be made to meet the Client within 7 days of the request for Coaching

Cost

As agreed

Critical Event Coaching is designed as a rapid response intervention to be called upon when individuals experience critical events in either their personal or work lives. A single coaching session is utilised to explore feelings being experienced as a consequence of the critical event, as well as helping the client to gain new perspectives, insights and learning from the event. This single session may lead to a recommendation that a programme of coaching be undertaken or it may be sufficient as a one-off intervention.

One of the main tenets of coaching is that the Client is “creative, resourceful and whole” and thus does not need to be “fixed”. The Coach approaches the situation from a generative rather than remedial perspective, which can be particularly beneficial if an incident has caused the Client embarrassment and/or loss of self-esteem.

It should be noted that whilst the Coach will maintain Client confidentiality at all times, they will also make a recommendation to both the Client and Sponsor should they believe a referral to another helping profession would be more appropriate

Please contact us for more information

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