

More About Louise Jane

CIPD 7, Mental Health First Aider, ICF Coach, Time-Line Therapist, NLP Practitioner.

I graduated in the UK with a first-class honours in Economics & Finance and subsequently went on to complete my CEFA certificate for financial advisors. I then spent 3 years working in the UK finance industry which is where I discovered that finance was not my passion but training, and development was.

I always follow the ICF coaching competencies which are very much geared towards a question based intervention. The ICF are the world leaders in coaching accreditations and rigorous training and several hundred hours of coaching has to be conducted and assessed in order to be able to gain an ICF certification.

Their coaching format requires the coach to ask questions, and the clients embarks on their own journey of discovery. I have found it to be beneficial to not know too much about the job roles and intricacies of the problems clients face, this helps me ask broad and objectives questions, usually leading to a better result for the client.

One of my proudest moments to date was when I gave a speech to 3000 pastors who joined together in Bangkok for the prestigious Bangkok Christian Coaching conference which was geared towards helping pastors all around the world use coaching as a way to help build up their church. Myself and my fellow coaches had spent days coaching teams of pastors. I spoke on stage, explaining what coaching is and the benefits of it.

After I gave my speech on stage, Stephen Baldwin, the Hollywood actor and producer came to find me to tell me what a great job I did and invited to me to sit at his table for dinner, he even fetched me some rice and chicken.



Back to more of a practical note, I have trained hundreds of delegates and clients in a variety of soft skills and organisational skills. Some topics include:

- Conflict management
- Emotional intelligence
- Time management
- Personal branding
- Resilience

- Change management
- How to coach in the workplace

I design all my training material around the needs of each individual client or customer and am happy to liaise frequently throughout the design process to ensure that the delivery fits the specific needs that you have. I follow a set format before I begin the design process which involves establishing the end goal, I believe that starting with the end in mind is the key to success.

Sometimes my left brain over rides the right hand side and thus I like to understand the science behind everything I practice and teach. I am particularly interested in quantum physics and metaphysics as they bridge the gap between the practical and holistic approach to training. Through quantum physics we can connect the dots between a person's thoughts and their physical reality. That's pretty interesting when it comes to understanding personal development and how we create our own reality through our perceptions. NLP in particular is a great tool that builds the psychological elements of reality in to the physical science.

I believe that we need a balance of both left brain (structured and factual) and right brain (creative and emotional) thinking to really reach our true potential in the workplace and in life. I always consider both when I design training and coach.

I love working with models and frameworks as they help people deal with emotions and situations that they may not otherwise be able to deal with. Once we can categorise a situation or event and say that we 'understand' what is happening, it's much easier for us then to move into a state of higher productivity and output as we are not stuck in a state of paralysis or disorientation.

My whole life is dedicated towards shifting people away from disorientation and towards a state of flow. In the corporate world, having employees attending work each day and working in a state of flow rather than disorientation is absolutely vital to the success of the company and this is one of the main principals that I keep in mind when designing my corporate training. All the training is based around models and frameworks but also underpinned by the understanding that we are all emotional beings.

I have had exceptional feedback from training courses that I have delivered and clients I have coached. You can read my recommendations on my LinkedIn profile here: [linkedin.com/in/louisejane](https://www.linkedin.com/in/louisejane) . You can also find some of these on my 'testimonials' page.