



elizabeth juffs



"Time with Elizabeth is an investment everyone should make"

The following success stories from just a few of my clients will give you a sense of the kind of issues that coaching can support, how I work, and the end results of the coaching. The names have been changed to protect the clients' confidentiality.

"Feeling calmer, more positive and in control"

I was feeling I was failing in every aspect of my life – as a career woman and with my family and home life. I never seemed to get the balance right – holidays were a juggle, my husband and I were constantly 'passing the baton' over parenting our children and rarely seeing each other, and work was taking over my life. I wanted to feel less stressed, more in control of my work and enjoying both work and family again. I had a responsible job which I was good at and enjoyed but it was overwhelming me and the only way out seemed to be to leave my job and become a full-time Mum (which I privately dreaded).

I can't believe how useful I found it having the opportunity to talk and think things through and Elizabeth quickly helped me put my professional challenges in perspective and learn to take small steps towards making my **life easier**. Straight away she was able to hone in on the sources of my **stress** and give me **strategies** for dealing with them. She taught me simple **relaxation techniques** that I was able to put into practice to help me feel **calmer**. She helped me identify the things I was doing to contribute to my stress and I learnt how to change my habits, overcome my limiting beliefs and **take control** so I minimised the stress I was under.

I began planning my work better, setting myself **realistic goals**, delegating where appropriate and learnt to **say 'no'**. Elizabeth helped me deal with my nerves over giving presentations and for the first time I was able to give an important presentation well – I've never had so many people say **positive** things about a presentation. I started sleeping better and for the first time ever I was able to **relax** when we went away on holiday. I was feeling **calmer**, more **positive** and **in control** and found I was still achieving at least as much as before. I'd glimpsed a different world from the one I'd been living and it felt good!

I've had to put in some hard work over the coaching – it's not easy changing habits that you've engrained over years or even since childhood. But it's all been worth the effort – I can't believe what a difference this makes. I'm getting so much out of the coaching. It's worth every penny.

Fran, Senior Accountant

Member of the Association for Coaching
Elizabeth Juffs Ltd. Registration number 5223306
Easthorpe House, Hallams Lane, Chilwell, Nottingham NG9 5FH 0115 925 2552
elizabeth@elizabethjuffs.co.uk www.elizabethjuffs.co.uk

“There is so much more in my power than I thought”

I knew that things needed to change. Despite having a responsible job, I felt afraid of what other people thought and struggled to take tough decisions. My life was stressful, too busy, and I had forgotten how to enjoy myself. I wanted to become a confident, positive leader in my professional life and to live life more fully.

Elizabeth helped me look at what was important to me and how to make my priorities reflect that. She showed me some practical time and diary **management techniques** which helped me use my time better and feel **less stressed**. I learnt how to deal assertively with others, how to face and challenge my own fears and assumptions, and how to set **realistic expectations** of myself. I discovered how to be the real me and how **balancing my life** better meant I could achieve better.

Through the coaching I've **taken control** of my diary, which means I have **time** for my professional commitments and my personal life. I've learnt to stand up to others and to **say 'no'** without losing their respect or allowing guilt to take over. I am now able to **lead others** positively at work, and have the **fun** back in my life.

This has been really important. There is so much more in my power than I thought. Elizabeth's coaching has helped me lead a much **more effective** and **fulfilled** life. I feel more in control of my life and more able to find the solutions I need. I feel resourced for my journey. I feel greatly affirmed as a person. Above all I have been listened to, taken seriously and helped by someone who knows how to hear and respond.

Charles, Church Leader

“The quality of my life is 120% better”

I'd lost confidence due to being overweight, didn't like myself much, and didn't know where I was going professionally. I was also suffering from burn-out from a stressful career and wanted to get the fun back into my life.

The coaching helped me to identify the key issues and obstacles for me and gave me strategies for addressing them. I discovered that the knowledge of what I need to do is within me – it just helped me bring that out.

During the coaching I **lost nearly 3 stone** in weight. I now feel much more **positive** and **confident** – my **self esteem** is back. I am more **relaxed**, and have achieved **major milestones** at home and at work. What's more, I've learnt to **like myself** and have **fun**.

It's been a **fantastic journey** – it's enhanced my life in so many ways. I feel the most comfortable I've ever felt. And the effect has rippled out to my family, friends and colleagues too – all my **relationships have improved** and their lives have been touched positively by Elizabeth and her work. I've even had the **time** and **focus** to support my husband through a major work crisis – and he's grown as a result, too.

The quality of my **life is 120% better** than when I started my coaching sessions. Coaching has been an **inspiration** for me and has finally made me realise that I **am** special and fun to be with. I can smile again and now look forward to each day and the challenges that life brings.

Fiona, Development Agency Policy Advisor

“I'm healthier and wealthier”

Before I worked with Elizabeth my life was in chaos. Years of bringing up children and working full-time as a manager meant I'd been so busy I felt as though I'd 'lost myself'. My confidence was at an all-time low point, along with my energy and zest for life, and I never seemed to have space for the things I wanted to do.

Elizabeth helped me to recognise the importance of finding **time for myself**, and helped me work out how I could fit this into my busy schedule. What was surprising was that the time spent on myself actually added to my **effectiveness** at work and with others. She **motivated** me to start some regular exercise – I excelled at procrastination - and helped me change my eating and shopping habits so I was eating more healthily. Over a period of a few weeks I could feel my **energy** levels and **motivation** returning and I started to feel my stress levels fall. My **self confidence** began to reappear, I found time for things like visiting the gym, and I shed a few excess pounds. I felt **in charge** of things once more, my mind felt **clearer** and **calmer**, and I was able to get on with things I'd been putting off. I learnt simple ideas for becoming more **organised** and I discovered how to set a budget and actually stick to it for once.

Now I have loads of energy and I'm brimming with confidence. I feel calmer and less stressed. Even my partner is happier. I've reduced the time I spent on chores by more than 3 hours a week and am making time for myself at last. The work we put in on sorting my personal finances resulted in me saving £500 per month!

Sue, Women's Drug Service Manager

“I discovered what would make me happy”

My stress levels were high with a demanding full-time job, two young children, a wife suffering regular bouts of depression and having just moved house. My confidence was low and my current job didn't make me feel a success – nor did my role as a father. I'd lost sight of where I was going in my life. I realised I was too hard on myself and needed to make career choices that would bring satisfaction and financial security.

In the coaching we looked at what made me feel fulfilled and how I could start to bring this into my work life. I learnt that my expectations of myself were totally unrealistic and just added to my negative feelings. With Elizabeth's help I discovered how to make my expectations of myself more realistic so I could begin to feel a success again. Elizabeth helped me tackle my fears so I could overcome my procrastination and start to take some positive steps with my career.

I began to feel much more **positive** about myself and about my life, because I was doing something to **improve** things. My **relationships** grew stronger, and I got **on top of my finances** for the first time. After years of being unhappy in my job, I'd discovered what would make me **happy**, and gained the **confidence** to find a **new career** as a special needs teacher.

I have very much valued working with Elizabeth - the sessions have been **excellent**. I value her combination of kindness and sympathy and straight-forwardness. I could never have imagined feeling this **empowered** and this **me** or making so much **progress** in so little time. I gained the confidence to start out on a new path in my life which I am finding scary, challenging and immensely **rewarding**. I can't believe what I've achieved!

Chris, Teacher

“Discovered what's important to me professionally”

Although I felt a success business-wise, I needed help to get out of a job I hated, to feel more positive and build better relationships with my wife and family. I'd tried career coaching but I still didn't know where I was heading – I was still searching for a clear sense of purpose. My self-belief was low and I felt stuck personally and professionally. I needed something that helped me understand myself better, to know where I was going and to learn to like myself and enjoy life again.

Elizabeth's coaching gave me the **time** and **space** to think through issues and come up with **solutions**. She helped me discover who I am, rebuilding my **relationship** with both myself and my wife. We worked on discovering what's important to me professionally and I was **inspired** to take some **positive action** towards a new

career, instead of procrastinating. Elizabeth helped with **practical solutions** such as upgrading my CV, identifying my skills and interests, and best practice in job applications and interviews.

As a result of Elizabeth's coaching I feel more **confident** and self-assured – a much better place from which to be applying for and finding a new job. I find it easier to **think more positively** and the **fun** has started to come back into my life. I feel much more **focused** and **enthused**. I'm much **clearer** about what I'm looking for professionally. I have been able to put together a checklist of career criteria which is in tune with not just my technical skills but also the way I am wired. I understand myself much better and have learnt to 'get out of my own way' so I can **achieve** things I want to achieve.

Elizabeth provides an **excellent** service and is a highly personable and **effective** coach. Her friendly but always **professional** manner puts the client instantly at ease and she has the ability to quickly and insightfully zero in on the heart of the issue under discussion. These skills coupled with the perspective of being an impartial outside observer, make her an **invaluable** aid to untangling seemingly intractable problems into more simple and easy to understand components, which she is then able to provide simple and effective **strategies** to deal with. I would strongly recommend Elizabeth to anybody seeking help to deal with personal or professional issues.

Ged, Company Director

To find out how coaching can help you achieve your goals, email me today at elizabeth@elizabethjuffs.co.uk or call me on 0115 925 2552 (+44 115 925 2552 outside UK).

Elizabeth Juffs BEd MAC