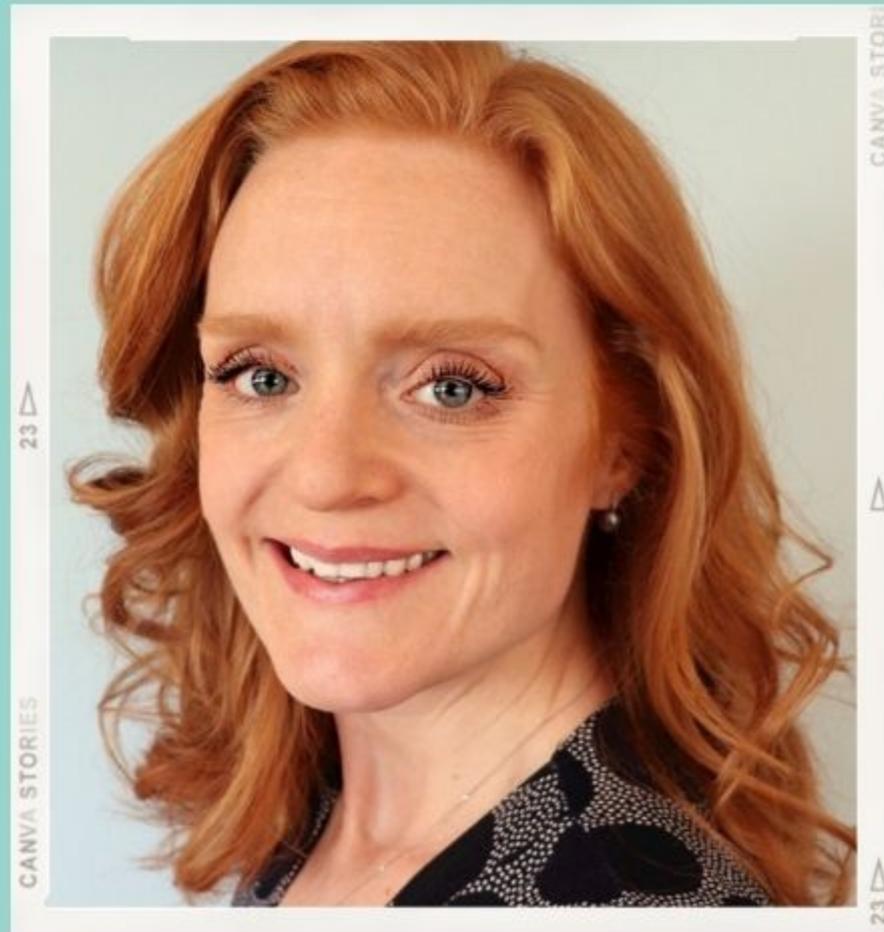


**OYSTER OUTCOMES
MONTHLY SPOTLIGHT
MEET OUR ASSOCIATES**

HELEN MORETON

**Coach, Coach Supervisor
and Mentor**



Welcome Helen, thanks for joining us today,

Helen is a highly experienced and qualified Master Coach and NLP Practitioner. She has been a Coach for over 12 years, and has coached at all levels from Junior Manager to CEO, across Corporates, Not for Profits and the Public Sector

Can you tell us about your background?

Doing work of meaning is of great importance to me and I have enjoyed a career of working with and for several purpose-led organisations. I spent 18 years at John Lewis Partnership in a variety of independent and operational roles; my last role was a non-executive one advising business leaders upon driving a better way of doing business by leveraging the power of their people. I now have my own business Boombox Consulting where I work with several Employee Owned and purpose-driven organisations in a chairing, coaching, advisory and development capacity, including Lush, Architype, Riverford, NCS, EOA, and Turley.



What do you love about coaching?

I coach because I am passionate about people and relish the opportunity to support individuals to be the very best they can be, more of the time. Coaching, whether formally or informally, has been the foundation of my work for many years. I believe we all have the answers within us, but with busy lives and little time to reflect we don't often have the opportunity to become aware of these answers and do something meaningful with them. In offering a safe space for people to test out their thinking, push through limiting beliefs, to amplify their strengths and make well considered plans, lots of wonderful outcomes can be achieved.



How can coaching help when times are still so ambiguous?

Coaching can help in many ways over challenging times by driving clarity and focus and making sense of what is going on around us. Through discovering what we are feeling and why, and taking ownership and control rather than being passive, we can put situations into perspective and choose more positive ways to react and respond to what is happening. Often when we are dealing with ambiguity we can feel anxious and overwhelmed. Coaching can help with our well-being by managing levels of anxiety and focusing on ways to increase our levels of resourcefulness and resilience.

How would you coaching clients best describe your coaching style?

Supportive, thought-provoking and good fun is what I've been told! Clients often tell me they feel truly heard when working with me, which is the greatest compliment. My coaching style is not transactional, I like to build great rapport with my clients in order to challenge them enough to make transformational change. I can be their critical friend, cheerleader, and catalyst, all in the same session.

Finally, please can you tell us about the coaching you offer through Oyster Outcomes?

I offer coaching, mentoring and coaching supervision through Oyster Outcomes. I enjoy working with both individuals and teams to create powerful personal and organisational change with longevity and meaningful results.



OYSTER OUTCOMES

Thanks Helen, it was great talking to you and good luck with your coach offering.

Kayleigh

KVA Virtual Assistant