

**Pro bono COVID-19 UK Charities Project May – July 2020: Leaders in UK Charities had made available to them an hour of coaching to support them through a hugely disruptive, essentially challenging time. This is what they said after that hour.**

“Halina coached me for a one-off session which supported me to have my first productive day in lockdown. I had been struggling to take control of the situation and to move forward in a structured and balanced way. Working with Halina helped me to make a start on some key areas of work and to feel competent in my role. Discussing my personal board of directors, bringing silliness/fun to work and my motivation was really impactful. Thank you.” **Learning & Development Manager, UK Charity.**

I want to thank you for giving me your time for a coaching session. I really enjoyed our meeting and our discussion gave me plenty of food for thought, which I have been thinking about ever since. I really appreciated your feedback, questions and overall sense of really caring about other people. The experience was also a good reminder of the importance of very intentionally taking time out to reflect and give oneself mental space to do so.

The pro bono coaching sessions were organised by our Global Learning and Development Manager as an additional element of professional support to staff across the world.

**Head of Institutional Fundraising at Practical Action**

*Practical Action is an innovative international development organisation putting ingenious ideas to work so people in poverty can change their world.*

Thank you so much for your undivided attention in Friday’s session – I found it really useful and have pondered over everything since, realising how I even broached the subject with you was very much looking outward rather than inward.

I would like to offer genuine thanks for your time, sharing of knowledge and help. I wanted to let you know that already I have put into practice some of the techniques we spoke about and it has indeed had positive results. I feel much better for it.

I feel like I have **pressed “stop” and “re-set”** based on our discussions which actually feels like I have **taken back control and responsibility for my actions**. I still have to find the time to look out some old photos and I think that will be quite interesting too. There have most definitely been light bulb moments that have taken me by surprise, I guess sometimes you can just be too much “in” the situation to view things rationally.

So very kind of you to pass on exercises and quotes after our session – please know I intend to look at everything further and really appreciate that I was in your thoughts....I think you are a very special lady.

**Programme Manager, UK Charity**

Thank you for your time. I wanted to say how inspiring you were and how **refreshing** it was to be able to throw a **different perspective to the challenges** I currently face in a leadership role. I appreciate the **‘takeaways’ from just one session** and thank you for your time and energy.

*Partnerships Director, Recruitment*

Having had a coaching session with Halina I found it both enjoyable (from the point of what I discovered) as well as challenging (which I think coaching should be). Through Halina’s **skilful questioning**, I feel like I was able to explore my goal and have come away with some **real practical solutions** that I have already started to apply in my daily life. I now ask myself “what am I going to do today to have fun” and to make sure ‘I live into this’ (I learnt in the session not to say ‘live up to’) I can simply ask myself, and my 7 year old daughter, “did I/we have fun today”.

**Senior Learning and Development Advisor UK Charity**

Halina was an inspiring and empowering coach for me. She listened attentively and was quick to cut through to the heart of the matter, offer insights and practical advice that I could start putting into use immediately. She balanced this with a warm and empathetic approach with prompts to help consider the bigger picture going forward. I would very much like to continue working with Halina and would wholeheartedly recommend her coaching.

**Head of Interpretation, Museums & Galleries Sector**