

# Mags Kerns Coaching - Client Feedback Questionnaire

Thank you so much for agreeing to give some feedback on your recent experience of participating in my 1:1 Coaching Programme for HR Practitioners.

**Name**

**Date of completing the form**

30/03/2023

## **What made you decide to work with a coach?**

I felt I needed some professional intervention from someone that could give me a steer on moving forward in my career. I had experienced a very difficult working relationship with my boss and it completely damaged my self esteem and also impacted my mental health. I knew I had to shake the feeling of 'imposter syndrome' as well as all of the other self-deprecating thoughts I was experiencing as a result of the way I had been treated.

## **What made you choose me over other coaches?**

I chose Mags because I was already following her on LinkedIn and there was a lot of evidence of how she had helped other people to achieve better things and having read a great many of her posts, I began to realise that she may be able to help me. Initially it wasn't something that I had thought about, however, the more I looked at her posts, I began to identify with a lot of people that had worked with her and also her compassion for people in HR, having been there herself, made me think that she can really connect with how I was feeling and what I wanted to get out of the coaching process with her.

## **How has your experience been of coaching with me?**

It was a new experience for me and one which I didn't expect to get so much value from. I really liked Mags as a person and thought this is definitely someone I feel at ease with. She is very honest and doesn't pay you lip service, although shows empathy, she is not afraid to challenge. For me personally, that was important. I didn't want to feel that it was a tick box exercise. She put me out of my comfort zone on many occasions and as a result I learnt a lot about myself. That is one of the great things about what Mags does, she makes you reflect on things you have talked about, which when you read it back, I sometimes thought 'Wow' is that me speaking. Its been a journey, which sounds dramatic, but I have changed my outlook as a result and now feel that I can be an asset to any business in a HR role and that is exactly how I wanted to feel as a result of the coaching. Its changed my mind set moving forward and gives me more enthusiasm about finding a new role.

## **What has changed for you since doing the coaching programme?**

I feel more inclined to look for a new role, knowing what I am looking for. I think its not only about what they want from me but also what I want from them. In general, I do feel a weight has been lifted and try not to dwell on the past experiences.

## **What 3 specific benefits did you gain from the coaching programme?**

I now understand my values and how to apply them.

More confident in my ability than I was when I started the coaching.

Understand that I am not alone and many people suffer within the HR circles. Its far more common than I ever imagined. Unfortunately, knowing this does give some kind of comfort in a lot of ways as it certainly makes you realise you are not alone.

I now realise some of the techniques can help that Mags has taken me through, which are very therapeutic.

## **What in particular did you enjoy about the programme/working with me?**

I didn't feel like it was a coaching session or what I expected a coaching session to be. I felt at ease with Mags and would certainly recommend it to anyone now that I have been through the process myself. Some of the techniques were very new to me and highly effective. It really makes you reflect and you do eventually start to give yourself a good talking to and realise that dwelling on your negative thoughts, gets you nowhere. You have to move on in a much more positive light, which is how I feel now.

**Is there anything that would have made the experience even better?**

Having thought about this I don't think so. I really enjoyed some of the discussions, which I have the notes from. It has left me thinking that I would like to learn more about how to apply them as a HR professional but that isn't part of Mags job. Very interesting though and something that I would actually like to learn a lot more about.

**Regarding the price of my program, which of the following applies?**

Excellent value, I'd have paid more

**Please use the box below to provide any further information you'd like.**

I will contact Mags from time to time, just to stay in touch but for now I don't need anything further. I will keep abreast of the LinkedIn posts as they are really helpful.