



**steve chamberlain**  
coach · author · speaker



## Coaching case study

Pauline | Director, Global Accountancy Firm | London

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*“Steve’s action-oriented and goal-focused approach is innovative, effective, and life-changing”*

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### **What challenges were you facing, and what did you want to achieve through coaching?**

I wanted to clear the clutter in my mind and heart and use my time better. I wanted clarity around where to then focus my time.

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*“In the weeks that followed each session I was able to execute on the plan we had devised together with surprisingly little effort. Subtle shifts in thinking can make a big difference in your life”*

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### **In what ways has the coaching achieved your vision?**

I have been amazed that in each session we have successfully tackled a particular area of my life. With Steve's insightful guidance we navigated the dead-ends in my thinking into a more productive approach.

In the weeks that followed each session I was able to execute on the plan we had devised together with surprisingly little effort. Subtle shifts in thinking can make a big difference in your life.

For those that are nervous of accepting help, Steve’s action-oriented and goal-focused approach is innovative, effective, and life-changing. Don’t waste more time going in circles in your mind; there are methods and tools that can help you focus with laser intensity and Steve is skilled in knowing which tool to present you with at the right time.

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*“My biggest insight is that, in fact, I already had all the answers in my head”*

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**What is the biggest insight you've so far taken away from the coaching?**

My biggest insight is that, in fact, I already had all the answers in my head, but was getting stuck knowing which parts of the puzzle to focus on and which to ignore.

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*“I am more focused, more confident, more direct, and more hopeful. I have made concrete, visible changes in my life right across the board from career, to relationships, to self-care, and future plans”*

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**How will your life change as a result?**

I am only half way through my intended course of sessions with Steve, but I am more focused, more confident, more direct, and more hopeful. I have made concrete, visible changes in my life right across the board from career, to relationships, to self-care, and future plans.

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*“Steve is, by far, the most skilled mind coach I have worked with. His approachable, unassuming nature, his vast knowledge of which tools to use with you at the right time, his humility, and innate understanding of when to stay quiet and when to interject is nothing short of genius”*

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**Would you recommend Steve as a coach?**

Steve is, by far, the most skilled mind coach I have worked with. His approachable, unassuming nature, his vast knowledge of which tools to use with you at the right time, his humility, and innate understanding of when to stay quiet and when to interject is nothing short of genius.

**What could Steve do to further improve his coaching?**

I can't think of anything - unusual for me. I'm from California and have seen some top therapists there. What Steve has, in his ability to know when to speak and when to stay silent, is something I've never seen before and really is world-class.