



**steve chamberlain**  
coach · author · speaker

## Coaching case study

**Robert | Creative Director | London**



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

I had recently left a role as an acting CEO to create my own enterprise. As part of this, it's easy to become overwhelmed with multiple projects, creating stuff, and making things happen.

There was a lot going on for me in life, and a bit of confusion and overwhelm in how to manage it all. What I wanted was a space to allow me time to slow down, reflect and contemplate, as well as being asked insightful questions to help me navigate through.

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*“If you need a space where you will be challenged in a way that feels so accepting, then work with Steve.”*

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

The coaching has pulled me back to that core essence of who am in amongst all that's happening. How do I stay true to that quality of me so I'm able to create the 'doing' from the centre of my being?

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*“There's an insightfulness and wisdom that supports Steve's work... a real precision.”*

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

Right now, I'm in a much more peaceful and accepting space around what is happening in my world. When we are creating, we naturally live in a space where we don't know the answers and that's OK. Whilst I've known that intellectually I've never known it in my being, until now.

### **What would you say about Steve as a coach?**

There's an insightfulness and wisdom that supports Steve's work. It's evident that he has done the work himself, which comes through in the quality of reflections, contemplation and questions.

There's a real precision to Steve's work as a coach. He never gets lost in the story, but instead stays clean and clear in the art of coaching, so you're always aware of where you are in the process.