

Feedback from Amanda Blatch-Jones

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I had the unique opportunity to receive coaching from Jeremy over two years and in that time I have managed to explore a range of opportunities to enable me to adapt more efficiently to my environments (both at work and at home).

Understanding and completing the Lumina Sparks was the first step in understanding where I sat comfortably and where more thought and consideration was needed. This enabled the coaching sessions with Jeremy to be more thought-provoking whilst providing a range of alternative methods that I could apply in practice. Understanding and working through with examples was more insightful than I had given credit for. It isn't until you reflect back on how you dealt with situations and how you deal with them currently that you come to realise how the techniques Jeremy offers in the coaching really start to influence how you cope in the real world.

My confidence has grown since working with Jeremy and his approach to coaching requires a lot of self-thought, self-motivation and dedication. Sometimes this felt uncomfortable but with Jeremy's support and insight these conversations probably became the most rewarding. Tapping into and making connections which you never thought would be linked is like a 'light bulb' moment in your head. Everything starts to become clear and opens up even deeper conversations about how to make positive changes and re-direct my approach, behaviour and attitude in future situations.

The coaching has enabled me to apply techniques at home as well, and even with my family and friends. For me, the last two years have been immensely rewarding and have enabled me to overcome my low confidence and self-esteem (and I still have lots to learn) whilst also recognising that there is always more room to adapt and try out new techniques and methods. My path now is forever changing and I feel I have the confidence and motivation to deal with these situations, which is all thanks to Jeremy's patience, support and expertise.

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