

# Rachael Wallace-Lane

## Coaching Mentoring, Training and Facilitation

*"Rachael's guidance, support and encouragement enabled me to realise my own potential and progress with my career" Coordinator*



***"My intention is to make coaching more accessible, to help others see their true potential and create the life they want"***

Rachael has been coaching and mentoring since 2000. Partnering with individuals, teams and businesses to maximise their personal and professional potential.

Using a coach approach to discover what's most important to a client, exploring the significance of their values and exploring together how these can help support and drive ambition.

With 20 years experience of working at Leadership and Strategic level across the corporate, public and voluntary sectors. From front line workers to Chief Executives, Rachael works alongside teams and individuals to inspire the achievement of personal and professional goals.

Professionally trained and a member of the International Coaching Federation, Rachael combines a coach approach with facilitation, counselling, ontological, compassion and mindfulness techniques to develop bespoke experiences for all her clients.

To continue to support the community and with a wider vision of educating society to the potential benefits and ripple effects of coaching, Rachael chose a values-based business model. This model means that Rachael can ensure profits from her business are used to subsidise those who do not have the financial resources to pay for quality coaching.

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*"Our sessions together have been enormously valuable and brought great practical benefit. Rachael strikes the (very hard to achieve) right balance between the professional and personal approach. She has helped me clarify priorities, provided an objective perspective and pointed me at some useful contacts and resources. A very enjoyable and beneficial experience, thank you!"*  
Chief Executive



## How does it work?



Through facilitated sessions we will partner to create through provoking and creative spaces to explore what is important to you and identify ways that will help you work towards achieving your goals.

Maybe your interested in exploring Work Life Balance, Imposter Syndrome, Career Transition, Communication Skills , Cultural and System Change, Leadership Development, Influencing Others, Emotional Intelligence and Literacy Vision and Strategy, Business Start Up, Project Planning, Team Effectiveness

If so, get in touch to see what Rachael has to offer. Book a FREE 30 minutes call with Rachael to hear more about how she can support you.

## Personal Coaching



Invest in yourself and create the life you want.

Create space to explore those choices that can lead to the changes you want to make.

Explore your emotional intelligence in a safe space and consider ways to develop and grow.

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## Leadership Coaching



Develop your staff and business using a coach approach to encourage career mobility. Improving your ability to recruit and retain talent.

Create an emotionally intelligent community with agile leaders.

Invest in a succession planning strategy.

Compliment Human Resources teams, offering a suite of tool to support staff development.

## Business Mentoring



Share lived experience.

Gain practical advice, encouragement and support.

Take time and space to understand what is important to you and how this can support you and your business.

**Rachael Wallace-Lane**  
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