

IHM COACH DATABASE: COACH PROFILE



Name of coach

Chris Hoyle Proprietor Clear Mind Training

Me and my background

My starting point was teaching meditation which began in 1980. In 1986 I formed Clear Mind Training and started delivering courses in Stress Management especially for the public sector. From that time on I developed a range of other training courses and continue to deliver these on request. In 2003 I was being asked to provide one to one work by people attending courses and so underwent coaching training. I have been coaching consistently for the last 5 years.

My coaching approach and philosophy

My coaching facilitates and supports personal and professional change and development. The sessions provide new perspectives as well as a variety of tools to aid communication at work etc. Most of the coaching can be done over the phone although I am very happy to do face to face. I generally set up for a half hour session per week or 1 hour per fortnight. I ask people to commit to 3 months coaching.

My experience as a coach

I have been coaching for 5 years. My total coaching hours is in the region of 360 hours of formal coaching. In that time there has been a wide variety of clients; quite a number have been (and are) coaches themselves, and in the last two years there have been more from involved in the health care sector. Two of my current clients are leading Physiotherapists and another two are consultant trainers for the NHS.

My special interests in coaching are

My passion is personal development. I love to see people thriving, growing and developing in their life and work. I have particular skills in relaxation and meditation methods and can help clients in programmes to combat stress and to use 'down time' much more creatively.

I also offer the following

I occasionally use the Enneagram typology as an introductory tool for developing self knowledge. I also use and recommend meditation and relaxation tapes, future self visualisations and the coaching wheel of life. I can also offer group coaching.

I keep up to date and quality assure my practice by

I now have two coaching supervisors (they cover different aspects of my life and practice) and have one hour per week currently. I meet up regularly with other coaches in a small CPD group (once per month with emails in between) and with the Sussex Coaches. I review and undergo new training annually.

Qualifications

I hold the following coaching qualifications

Do you hold an accredited Level 7 diploma in coaching? Yes No

If so, please tell us where you undertook it and who accredited it.

Other coaching qualifications

I have undergone a total of 133hours of coaching training with the Coaches Training Institute whose Co-active Coaching is underwritten by the International Coaching Federation.

Professional experience /qualifications

*I have an honours degree from the University of London.
I have published articles on Stress Management for the International Stress Management Association.*

I work in the following geographical locations...

I am based in Eastbourne and as such am happy to work in East Sussex, Surrey and London.

My coaching fees are

£100 per hour public sector, (£75 for individuals) ex VAT. I charge a scale of travel expenses upto a maximum of £50. Bear in mind that much coaching can be done over the phone.

I currently have professional indemnity insurance... Yes No

Other useful information

When I started to coaching I realised I had a natural talent and liking for it. I am told that I have a high degree of empathy and I bring a great deal of life experience to the work.

Max 30 words

You can contact me by:

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