

# Claire Bibby

## Professional Coach & Mentor

### What does Coaching & Mentoring with Claire Bibby involve?

*Claire Bibby is an accomplished **coach & mentor** who works with private and corporate clients to empower them to move their career and leadership dreams into an active, actionable, pursuit.*

Having proven local and international success with 7 x World Surfing Champion Layne Beachley's Aim for the Stars Foundation, the Property Council's 100 Women in Property initiative, GROWL (The Global Rise of Women in Legal Tech), the University of Notre Dame Australia Law School and the Association of Corporate Counsel, Claire understands the power of goal setting and works with her clients to think openly and outside of the box.

### What is coaching?

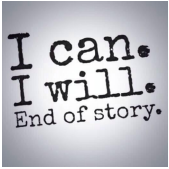
Coaching is personal development in action. It is a completely practical skill, underpinned by Claire Bibby's refined knowledge and understanding of the theories and applications of personal development. It is influenced by the entire body experience – typically defined as mind, body and spirit. Coaching with Claire Bibby is a professional and personal relationship between two people, the coach and the client.

Coaching by definition encourages learning, invites creativity and delivers high performance. Coaching is the art of facilitating the performance, learning and development of another.



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Life Coaching is about 'the now and the future'. As a life coach, Claire Bibby gives people the confidence and ability to move forward in a positive manner in the areas of their life where they crave change. Her coaching style is about breaking down barriers that prevent this change from happening and creating the ideal environment for positive action to take place. It is a totally holistic approach that looks at the present and sets goals for a totally successful future. Coaching with Claire Bibby is about helping clients to explore their own solutions; the agenda belongs to the client.

Coaching with Claire Bibby can take place face to face or over the telephone. It can be used with private individuals or within a business environment. Claire Bibby's sweet spot is coaching lawyers, but she is also experienced in coaching high performing executives in other professional disciplines.

As your coach, Claire Bibby is an active listener who is totally non-critical and non-judgmental. As each goal or desired outcome is defined, specific actions may be proposed that will move you closer to the results that you seek. Whilst these actions are important, it is the outcome from those actions that achieve success. Each session closes with agreement on the actions that you will take before the next session. The subsequent session will review those actions, their results and your feelings about them. It is this immediacy and need to report back which make coaching with Claire Bibby so effective.

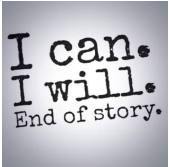


### *What life coaching is NOT*

Life coaching with Claire Bibby is not about the past. It does not dwell on what has happened or why it has happened. It is not the medium through which serious abuse or addictions can be treated. Coaching is not therapy.

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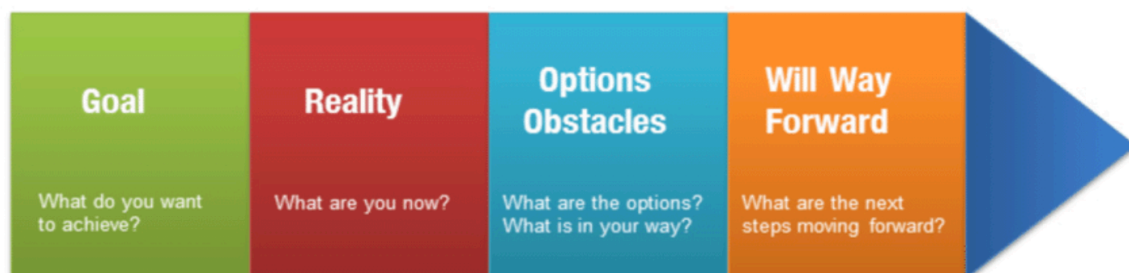


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Life coaching with Claire Bibby is not designed to support individuals in times of deep crisis or serious emotional trauma. It is not designed to help individuals overcome feelings of intense grief, deep depression or other psychological conditions. Coaching is not counselling.

### *What does coaching involve?*

Armed with a toolbox jam packed with resources designed to help clients, a journey with Claire Bibby as your coach may include exploring areas such as your values in action (based on the VIA Classification of Character Strengths and Virtues (Peterson & Seligman, 2004), a psychology classification of positive traits in human beings, that has been taken over 7 million times globally), and career clustering (based on the ground breaking work of Dr John Holland, one of the most influential psychologists in the 20th century) and so much more! Be prepared to be challenged and pushed gently outside of your comfort zone as Claire will personally design your programme, whilst allowing you at all times to remain in the driver's seat.



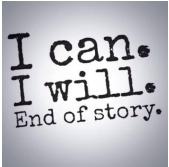
Claire Bibby practices the GROW model (depicted above), which is one of the top coaching models used by leading coaches worldwide. It is a proven model that stands for learning through experience: reflection, insight, making choices and pursuing them. The first step in the GROW model is defining the goal of the coaching trajectory. That includes long term (the central theme of the trajectory) and short term (the goal for every session). Goals need to be SMART: Specific, Measurable, Acceptable, Realistic and Timely.

Step two of the GROW model is becoming aware of the actual situation you as the client are in. Claire Bibby's role here is to stimulate self-evaluation with you as the client, and to identify the obstacles that have been holding you back.

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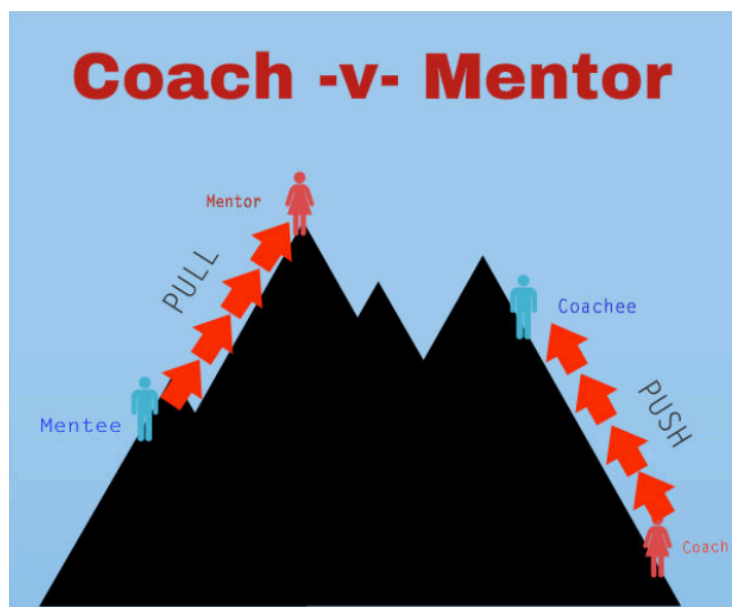
One could argue that help should come from family, friends or work colleagues. The truth is that these people often come with preconceived ideas and prejudgments about us. The reality is that we feel that we will never move forward but are likely to just go around and around in circles.

A coach comes to us with an open mind and the skills to help you make things happen. Claire Bibby starts with a 'blank sheet' – she finds out what makes you tick, helps you to discover what we truly want to change, and then sets about helping you to create those changes.

### *What is mentoring?*

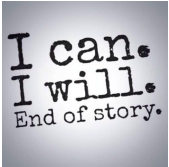
A mentor will generally guide and teach someone in a specific task or job. As a mentor, Claire Bibby will draw significantly on her own experience, will pass on short cuts and tricks of the trade and will teach the acolyte how to gain a specified result. As an experienced lawyer and C-Suite executive for almost 30 years, Claire understands the pressures of these working environments.

Like a sports or physical fitness coach, a mentor has often 'been there and done that'. A mentor knows the answers. As a mentor, Claire Bibby is often asked to investigate a particular work or team related situation. She gathers facts to support her qualified and quantified proposals, and may, if the client choses, be involved in the practical implementation of her proposals.



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### *What is executive and business coaching?*

As more and more clients discover the amazing benefits of professional coaching, many of them have wondered if these same benefits can be realised in the workplace? The answer is a resounding and undeniable, YES.

You may have heard the phrase, 'it is lonely at the top'. A senior manager or executive risks losing face and respect if he or she is tempted to discuss any doubts or worries with a subordinate or superior. An executive may not have any peers, especially in a highly competitive commercial environment.

Coaching focuses on establishing and achieving personal goals. Business coaching retains this focus, but instead of these goals being personal, they are applied to a team or work group. The objective here is to ensure that every member of the group has a full understanding of the corporate aim and shares the attitudes and commitments that allow that aim to be achieved.

As the coach, Claire Bibby still works in confidence with each individual. The subtle difference is that the organisation's objectives take precedence over the individual's personal targets. This process may well highlight changes that will allow one person to contribute fully to the group's shared endeavours and, in so doing, may add to individual happiness and satisfaction. That, however, is a side benefit and not the prime purpose of the business coach assignment. Executive and business coaching are valuable resources to increase personal and group productivity to the benefits of all concerned.

### *Professional Code of Ethics*

Claire is a signatory to The Life Coaching Academy Code of Professional Conduct, a copy of which is available at request.



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