



## About Me

*"Make everything as simple as possible, but not simpler." ... Albert Einstein*

I have been actively involved in the world of coaching since 1994. I have worked full time as a professional coach since 1999, initially at Gaia Consulting Group before establishing Talking About with Jacqui Chaplin towards the end of 2004.



I have over 4,000 hours of coaching experience with both individuals and groups, mainly here in Australia but also overseas in countries such as the US, UK, Taiwan and Hong Kong.

I specialise in executive and leadership coaching, and in developing new coaches. I also created and wrote the Talking About Coach Training program and continue to be involved as the course theorist and student supervisor. I have theorised and written on the subjects of leadership, coaching and the human condition since 1995 and continue to develop new ideas in these fields. I have also authored over 140 newsletters on coaching and related topics.

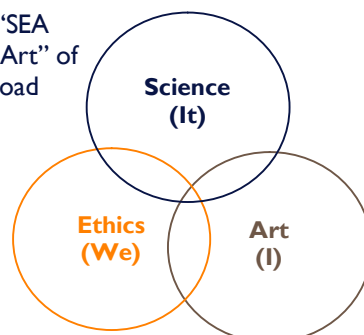
I am a graduate of Newfield Australia's Diploma of Ontological Coaching and hold an Executive Diploma of Business Leadership Coaching. I am also an Accredited Master Coach (AMC) through ANZI Coaching and a member of the International Coach Federation.

I am a life-time accredited in a number of Human Synergetics profiling tools including Life Styles Inventory (LSI), Leadership Impact (L/I), Group Styles Inventory (GSI) and CoAch. I am also qualified to administer the Myers-Briggs Type Indicator (MBTI), including the use of MBTI Step II.

I mainly work in organisations with an emphasis on those in leadership positions and those aspiring to leadership. In my view, it is leaders who have the greatest impact on their organisations and communities and it is through helping them develop as leaders that a better world for others is also created.

## My Coaching Methodology

My coaching methodology is based on the "SEA of Coaching" - the "Science", "Ethics" and "Art" of coaching practice. The science includes a broad range of recent innovations in disciplines as diverse as philosophy, philosophy of language, cognitive biology, neuro-science and social sciences. Brought together, they provide a powerful and unique way of observing and intervening with human beings in the domains of language, emotion and body. At Talking About, we firmly believe that no other coaching approach offers such a broad spectrum for success.



The SEA of Coaching

## What Makes Me Different

Over the years, I have observed and worked with many people and organisations. Through these interactions, considerable research and much contemplation, I have come to some fundamental beliefs about myself and those I work with:

- I believe I have developed a coherent and holistic theory of being (ontology) and relating that provides new yet practical insights into the human condition and our ways of relating;
- I believe I have an intuitive ability to see patterns in issues that most others don't see and through my ontology to understand and help resolve problems and create more effective patterns of being and relating;
- I believe our current ways of thinking in our communities, our institutions and our organisations are too narrow and, as a result, not overly effective and that most people know this intuitively;
- I believe many people are ready and want to challenge and change their way of being and thinking, yet do not have any coherent approaches to create that change; and
- I believe I do!

**My vision is to help people change their world for the better and THE world for the better!**

## Talking About Pty Ltd

PO Box 6652,  
St Kilda Rd Central, Victoria, 8008.

Ph: +614 012 741 537  
info@talkingabout.com.au  
www.talkingabout.com.au

As an Accredited Master Coach I am committed to the ethical principles of ANZI Coaching and the ICF. Our ethical focus is always on maintaining respect, care and client confidentiality. I pride myself in this.

The “artistry” of my coaching comes from my experience and wisdom in observing how people engage in living and being able to intervene in a way that is respectful, yet sometimes confronting.

I view success as a Coach in terms of the difference made for clients in the organisational context within which they work and just as importantly in the difference it can bring to their life in general. My work is aimed at providing my clients with specific outcomes as they relate to the coaching assignment and, in addition, **I seek to have my clients learn how to coach themselves.** This provides each individual with benefits well beyond the coaching relationship. As such, I can work with you on three levels:

1. **Goal achievement**  
One of the key aspects of coaching is to assist a client in the creation and achievement of their goals. This is sometimes a moving target as people who come to coaching often do not know specifically what they want to achieve and this is fleshed out as part of the coaching experience.
2. **Skills development**  
I am able to help you develop skills in a wide range of areas including: leadership, coaching and mentoring, managing well-being and stress, influencing others, developing your identity, performance feedback, creating accountability, conflict management and time management.
3. **Personal transformation**  
Transformation is a process of growth where someone moves beyond an old way of being to a new one. Invariably this is a manifestation of feeling stuck and looking for a new way. The core of ontological coaching is to help people make that transformation.

**I have successfully worked with hundreds of clients in any or all of these areas. I would be honoured to do the same with you.**

## The Coaching Experience

The value of coaching lies in a learning experience that is tailored to meet each specific individual's requirements.

Coaching can vary in its degrees of formality. For those who like a formal approach, at Talking About we favour a coaching process, which has value in both its rigour and its flexibility. Depending on the circumstances, we favour a three way coaching relationship that involves the Coach, the Client (Coachee) and a Sponsor. The Sponsor is someone who has the organisation's interest at heart but can also provide ongoing feedback to the Client thereby enhancing their learning experience.

We begin with conversations to explore what outcomes the organisation and the Client is seeking and what is required to achieve those outcomes. This is often done with a Client's Sponsor, who will support them day to day in achieving their goals. This goal setting stage is followed by a series of coaching conversations, aimed at the Client's development and successfully achieving the desired personal and organisational outcomes.

These conversations focus on developing the client's skills in observing and influencing others through higher conversational competence and emotional leadership. In many ways, the Client learns how to coach themselves and others.

Regular review conversations involving the Coach, Client and Sponsor ensure the Client's learning and development stays on track and new directions are not overlooked. Whether you want a formal process or simply informal conversations to work through your current issues, I am able to accommodate you.

## What People Say About Chris' Work:

*"How can I express the value of the coaching you've given? It's difficult to put some empirical measure on its value. To me, the impact is reflected in a thousand ways: in the subtle changes that happen in the relationships I build; the way I lead; and the way that I live my life."*

*"He brings a deep understanding of business expertise, coaching & life in general. His knowledge has and still continues to assist me on many levels."*

*"In our conversations he applies his craft masterfully to help me identify my breakdown, stimulating my awareness, and together we work through it to find the possibilities I have available to me and to create new choices."*

*"Chris is very encouraging and his belief in me is obvious!"*

*"I would highly recommend Chris to anyone who is participating in organisational change & personal growth."*

*"It's hard to be entirely honest with oneself, when thinking about why we do things and how we are motivated. It's also hard to be fully aware of the "lens" we all look through when we see the world. Chris helps me to hold up a mirror to myself and see things that would otherwise go unnoticed. Part of this is just asking "why", when I profess some view about the world or how I go about things. We explore different frameworks and models of human interaction, which inevitably leads to some sort of additional insight about myself and the impact I have on others. I am enjoying the voyage of discovery, albeit challenging and uncomfortable at times."*

*"So, on reflection, Chris guided and nurtured me in the best possible way, he let me find my own path here."*