



About Me

"If you want to build a ship don't herd people together to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea." ... Antoine de Saint-Exupry

I love what I do! The reason is simple. Learning to do what I do completely changed my life. Today my life is more fulfilling, easier, great fun and more exciting than ever before. As a result, I am privileged to be able to support others to get an easier, more fulfilling, fun and enjoyable lives. This will be my legacy to the world... the more people who know and can live fulfilled lives the better the world will be for us and for future generations.

I am a Director of Talking About Pty Ltd and have been involved in the coaching field since 1998. In 2004, I formed Talking About with Chris Chittenden, having previously worked with Gaia Consulting Group for over four years.

Having over 3,500 hours of coaching experience with both individuals and groups, including providing executive coaching to multi-national clients I specialise in coaching for results for executives and business leaders. I am Talking About's Director of Coach Training and I am actively involved in supervising students in TA's "Professional Coach Program".

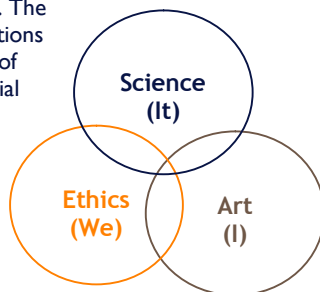
I am a graduate of Newfield Australia's Diploma of Ontological Coaching and have also completed an Executive Diploma of Business Leadership Coaching. Furthermore, I am an MBA graduate through Monash University.

I am a member of the International Coach Federation and an Accredited Master Coach (AMC) with ANZI Coaching. I am a life-time accredited user of a number of Human Synergistics profiling tools including the LifeStyles Inventory (LSI), Groups Styles Inventory (GSI), and I am also qualified to administer the Human Synergistics' Organisational Culture and Effectiveness Inventories, CoACH tool, and the Leadership/ Impact profile.

I am available for professional speaking engagements in the areas of 'Getting the Buck to \$top with You!', 'Peaked Performance'®, trust, leadership, identity and impact, well being and networking. In 2004 I co-authored my first book, "Infomaniac", which is available on CD-ROM through Talking About.

My Coaching Methodology

My coaching methodology can be seen as what is termed the "SEA of Coaching" - the "Science", "Ethics" and "Art" of coaching practice. The science is based in 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

Please see the next page ...



The People I Work With...

I know the people I want to work with. Are you one of them?

- ☉ Do you know there is something to do different and may or may not be able to see what it is in this moment?;
- ☉ Do you want to be a better version of you for you and for those around you?;
- ☉ Do you want life to be easier and are prepared to think, create and act differently to get what you want, even if you have no idea what that might entail or involve right now?;
- ☉ Are you open to having challenging and sometimes confronting conversations to generate different results for yourself and others?;
- ☉ Are you willing to explore new beliefs, thoughts and actions?; and
- ☉ Are you willing to stand up and take the actions you design?

The other crucial belief that people I work with have is that their Talking About coach is a great fit. I recognise the importance of having a conversation to be crystal clear on this front.

Coaching Outcomes

The key coaching benefits to you lie in being able to see and act on more opportunities from which you and your organisation gain better business results and outcomes.

I work with my clients to address these and other concerns:

- ☉ Recognising and owning problems;
- ☉ Making informed decisions about what can and will change;
- ☉ Engaging in specific and timely action on those decisions;
- ☉ Taking more responsibility for the management of your performance our career; and
- ☉ Ensuring that you have the skills and motivation you need to succeed.

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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 results and 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 Jacqui's Work:

“Our time together was incredibly useful to me understanding why I am in certain areas. Frankly, our sessions were the best insights I have had into what makes me tick and how to self actualize.”

“Jacqui, I would like to offer some feedback on the coaching you have provided for us over the past year. The individual's attitude has improved markedly as a consequence of the sessions you have conducted with him. His general demeanor has improved, with this having a positive impact on his relationships with his fellow workers. The coaching has been of considerable value both to him personally and to our company as his employer.”

“Jacqui's coaching has helped with focusing on my role as a leader. It has firmly planted in my mind the importance of the type of impressions we need to give people such as the type of conversations to have, so that they are able to perform the way we need them to.

The coaching has highlighted areas that I need to be more effective in and has encouraged me to break down some long held personal perceptions that I considered important.

I feel that I am better equipped to deal with my peers and team as a result of the program.”

“ It [the coaching] will give me more confidence in the way in which I tackle lots of situations and it will make me be more aware of need to treat people appropriately and not use language or behaviour which undermines their dignity”

“...I really appreciated the extra stuff - the follow up calls, additional materials and papers. ...somehow always managing to learn from whatever was going on and understanding how a different approach might work. I think that's the main reason why I was often quite successful in putting into practice what I was learning – it was topical, relevant and very practical!

The coaching will help me to be more frank and open about the problems I am facing, yet still respecting the dignity of others.

... Thanks again for everything.”

“Jacqui handled difficult subjects during our sessions very well. I enjoyed working with Jacqui even when it got tough!”

“Jacqui was sensitive, friendly, aware and effective!”