

HUMANEDGE Coaching With Chris

How We Start

I meet every potential candidate for a 50-minute introductory coaching session that is free of charge. This is an opportunity for both of us to find out if we're a good match. If we aren't, I have several other coaches to bring in for support.

Bio

I am an executive coach with a master's degree in existential coaching*, an entrepreneur, coach trainer, facilitator and previously a guest lecturer on the MSc in existential coaching skills at The NSPC, Middlesex University.

I found my passion for aligning leaders with their emotional intelligence, self awareness and purpose over a decade of working with a range of small, large and independent organisations. Observing the rise, and the risks, of AI development motivates me more to deliver human-led impact and value to my clients by helping them do what is most required in today's modern world: develop a competitive human edge through the building of human skills in leadership.

**existential coaching is essentially a human-centred approach with a focus on authenticity, meaning and being more courage to create change*

Who I Coach

I work with teams of leaders within organisations who are committed to working on their whole selves alongside their leadership. The clients I serve best are those who are navigating change, complexity or interpersonal friction. Some already know they're the one standing in their way, yet don't know what to do about it. Others want to address a lack of clarity or consistency in their decision making. While others have clear plans that are somehow never acted on. Imposter syndrome, change management and mending broken chemistry and diminishing resilience are other areas I have experience working with.

Background

c.20 years in the sales, business development and leadership taught me that it's rarely resources that stand in the way of high performance. The biggest gaps between vision and reality are often interpersonal skills, emotional intelligence and self-awareness. I made the career transition to becoming a coach in 2018, when I realised that unlocking human potential was far more meaningful to me than what I had done up to that point.

Coaching Philosophy

My coaching approach focuses on identifying resistances to vulnerability and uncovering the beliefs around them. This process clarifies the issues my clients face, giving them a more expansive view of their operational landscape, and their agency within it. The missing yet very simple ingredient in change is courage. We explore the need for courage to lead with confidence and what the blockers are to express oneself authentically, we reshape purposeful leadership to align impact with identity and virtue.

Terms

- We commit to 1-year of working together. My Base fee is £6,000 on a monthly retainer of £500/pcm (£5,000 paid in full)
- Organisational/Cultural change is most effective at scale. Programs for between 5 - 40 candidates work best and are priced on application.
 - Nb: Pilot programs consist of 5 leaders and can be deployed to measure ROI before committing to at scale investment.
- We meet for one hour every two weeks, for 10 months of the year (taking off June and December). Cadence is flexible: some clients prefer half an hour each week, others enjoy a deep-dive 2-hour session once a month. Other arrangements are possible too, just ask
- High touch-point coaching: I am available via email for anything candidates might need between sessions; including one emergency session a month
 - I provide pro-active communication with every individual, including session summaries, insight & behaviour reminders or additional resources each person might find helpful

Ultimately my goal is to build human skill stacks alongside tech stacks so companies sharpen their competitive human edge.

If you'd like to move forward, email me at chris@cphd.co.uk

You can learn more about the program here -> [Program Brochure](#)

Or, click the link here to book some time with me to ask questions and have a introduction session -> [BOOK](#)

Chris Pickering

Executive Coach, HUMANEDGE