**Coach: Edmond Khoo**

*Coachee S/No.: 401*

*Period of Coaching: Jan 2019 to Jan 2020*

*Number of Sessions: 7*

*Number of Hours: 10*

*Average Duration per Session: 1 hour 26 mins*

TESTIMONIAL

*by Coachee who is a Director, Public Sector Organisation, Singapore*

I did not really understand what coaching was all about when I first started my sessions with Edmond, but as we went along, I found myself increasingly benefitting to what I would now term as “deep-thinking” sessions. So what exactly is coaching? Official definition aside, I feel that coaching has helped me to discover new perspectives of things going on around me and somehow unearth from deep within myself, solutions or conclusions that are well-rationalised and befitting. Though Edmond may say that he is not really here to “tell me what to do”, I feel that he has actually taught me to understand myself better and to be more aware of how I relate to people or circumstances in my life.

During many of my sessions with Edmond, we discussed issues that were quite heavy in nature. It was not easy for me to speak so candidly about some of these things if not for the fact that he was able to keep the atmosphere rather light and even somewhat cheerful, yet still maintaining the intensity of the issue. I was fortunate to have Edmond as a coach as he has a treasure trove of “war stories”, gathered from his years of experience as a leader and officer in the public service. These I found to be extremely useful and thought-provoking whenever he shared them with me, and I think this is what makes him unique and stand out as a coach.

And lastly but most importantly, Edmond provided a safe space for me to openly speak about and explore both work and personal issues at every single session. I never had to feel guarded or never once felt that he would discuss anything that we have spoken about in our coaching sessions with anyone. I noticed that even his summary emails to me are worded discreetly and no specifics are mentioned. Edmond honours confidentiality to the highest degree.

I truly thank Edmond for the time he has taken to coach me and highly recommend him for anyone who would like to take on coaching.