**Coach: Edmond Khoo**

*Coachee S/No.: 903*

*Period of Coaching: Apr to Dec 2021*

*Number of Sessions: 7*

*Number of Hours: 11.5 hours*

*Average Duration per Session: 1 hour 39 minutes*

TESTIMONIAL

*by Coachee who is an Assistant Director, Public Sector Organisation, Singapore*

I had seven sessions of coaching with Edmond over a period of about nine months. I looked forward to these sessions as after every session, I felt that a weight had been lifted off my shoulders and I could re-assess and view my leadership journey and transition in a different light. Edmond asks questions that frankly, can be challenging to answer, but the process of thinking through the answers has enabled me to learn more about myself, the situation, as well as question the assumptions about my points of view. Edmond was also able to distil my answers into valuable insights and takeaways.

Edmond is a values-centred coach, and he took me through a Values Identification Exercise. This really helped me as it identified the values I embrace as a leader and the importance of being an assured and grounded leader. This exercise, coupled with a deep dive into my DISC report, helped me to value what I do and understand how I can make a positive difference to the work environment and in the lives of my co-workers.

The challenges of leadership can be immense and paralyse one with fear; Edmond helped me to see things from different angles and to walk the leadership journey in liberty, casting off self-doubt by putting expectations in perspective.

I have definitely benefited from Edmond’s gentle, yet insightful coaching style, along with the observations and insights he provides. If anyone is struggling with the expectations and pressures of being a leader (especially those transitioning to a higher appointment), or needs to find deeper meaning and connection in their leadership journey, I would highly recommend that they work with Edmond on their leadership journey.