**Coach: Edmond Khoo**

*Coachee S/No.: P1301*

*Period of Coaching: Jul 2022 to Feb 2023*

*Number of Sessions: 6*

*Number of Hours: 11 hours*

*Average Duration per Session: 1 hour 50 minutes*

TESTIMONIAL

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

I was coached by Edmond for a period of about 7 months, and over that period of time, we talked about a variety of professional and personal development issues. What I really enjoyed and appreciated about the coaching journey were:

1. The greatest takeaways from the coaching sessions were the insights gained from self-examination and self-awareness. Edmond was skilled in asking questions that challenged me to examine and confront my internal cognitive processes, especially when those processes were not helpful or were obstacles in my own leadership growth and development.
2. While we started off as coach-coachee, it was great that the platform of trust that was established allowed us to have frank conversations, as well as have conversations not just about work, but also about other spheres of life.

I would recommend Edmond to anyone who is looking for a coach to come alongside on a personal growth journey. Edmond will create a safe space, through his gentle prompts and sharing of personal experiences, for you to cast a spotlight on your blind spots, and uncover the anxieties and challenges of your leadership.