**Coach: Edmond Khoo**

*Coachee S/No.: M2002*

*Period of Coaching: Aug 2021- Mar 2022*

*Number of Sessions: 4*

*Number of Hours: 7*

*Average Duration per Session: 1 hour 45 mins*

TESTIMONIAL

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

Edmond is an approachable fatherly figure who I found was genuinely interested in me and the situations I faced, and I was able to establish a good level of trust and understanding with him.

Conversations were free flowing and wide ranging depending on what I thought needed addressing in my life and work. He has clearly had many years of experience dealing with similar situations I had faced, and offered useful advice and examples from his own life to prod my own further thinking. The walking sessions with him at the Botanic Gardens were physically and mentally invigorating and provided a breath of fresh air in more ways than one.

Overall, my sessions with Edmond have been an oasis of reflection amidst my busy schedule. Discussions with him have allowed me to take a step back from the busyness and see things from a different perspective, take stock of what really matters, and move on with actionable steps thereafter. I would recommend his coaching to anyone who is feeling uncertainty and pressures as part of leadership, work and/or family life.