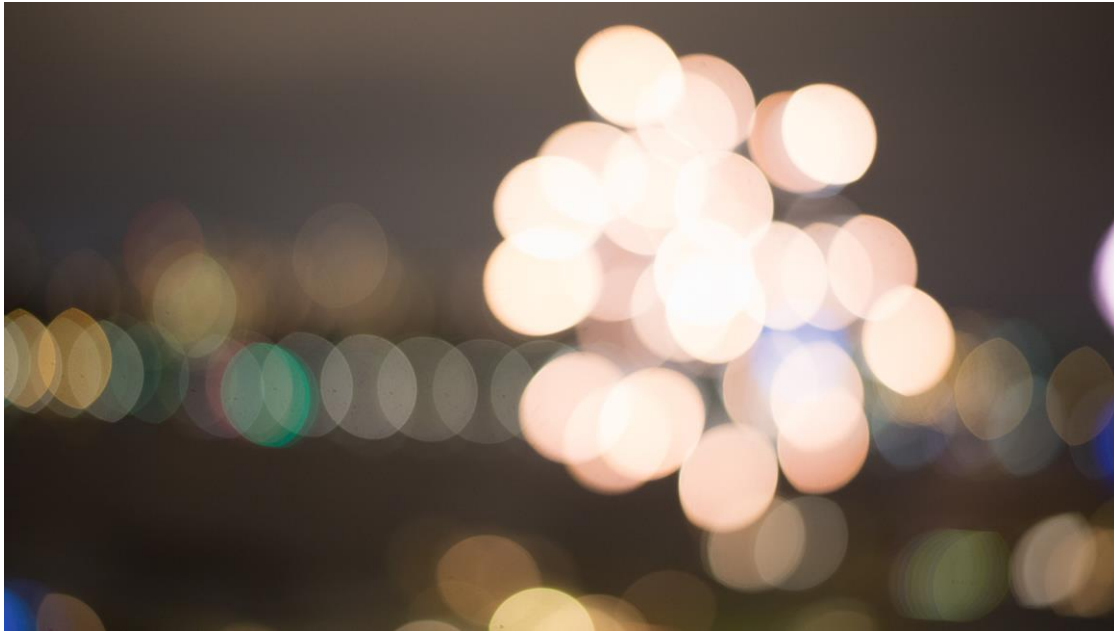


# COACHING BY WORKING WITH CANCER

## FEEDBACK FROM ONE ORGANISATION



### CASE 1

#### What do you think might have been different had you not received coaching?

Receiving coaching prior to returning to work would have helped enormously, however my coach more than made up for this during our sessions. In addition, having the flexibility to extend the sessions to meet my needs was also a huge benefit.

#### If asked, what would you say about the coaching support you've received?

My coach's calm, caring and professional approach helped me build my confidence and ability to cope at work. Her personal knowledge of cancer made me realise that the challenges that I was experiencing were normal and felt by most people recovering from cancer. I felt more confident and stronger after each coaching session.

### CASE 2

#### What do you think might have been different had you not received coaching?

Potential that I would have gone off work with stress - something that I have never done and would not have wanted to go down this route. Wouldn't have been able to cope. May even have left the company.

### **If asked, what would you say about the coaching support you've received?**

Could have done with it just before I came back to work but once it was set up it was a life-line. It was useful for my line manager to have someone to discuss cancer with to make them aware of the issues cancer patients have. I had a new manager and I was not comfortable discussing issues with them in case of any backlash or in case it tainted their opinion of me - thinking I might be a 'malingerer' or 'putting it on'.

### **Do you have any other comments?**

It was good to meet with my coach face to face. Extremely beneficial to talk to someone who understands and can empathise because they have been there. Good to have someone who can offer practical suggestions/solutions. Someone who has 'life experience' and is non-judgemental. Someone who is honest and says it as it is.

## **CASE 3**

### **What do you think might have been different had you not received coaching?**

I might not have had the confidence to ask for (eg.) changes to my hours, a lighter weighted laptop, logging off work an hour early on a couple of occasions. I wonder whether I would have been emotionally in as good a place at the same time without the coaching - it seemed to spur me on a little faster!

### **If asked, what would you say about the coaching support you've received?**

I'd recommend the opportunity to say exactly what you think and how you are feeling in a safe environment. I think it is definitely not a "one size fits all" approach and is tailored according to what you as an individual need, want or would find useful at that given time.

### **Do you have any other comments?**

I've really appreciated the opportunity to have had this coaching, it's been a welcome addition to assist in my return to work. I would highly recommend the coaching.

## **CASE 4**

### **What do you think might have been different had you not received coaching?**

I wouldn't have coped with all the challenges that I've had this year. I would have been off sick. Having the coaching helped me through a difficult period.

### **If asked, what would you say about the coaching support you've received?**

The coaching is very important for those dealing with cancer. It's a great form of support. Allows you to speak frankly about your situation without having to divulge often quite personal details to your line manager. The coaching helps you manage your expectations of dealing with both cancer and day to day challenges.

### **Do you have any other comments?**

I wish this had been available when I was initially diagnosed with cancer. I struggled considerably when I returned to work after treatment. I felt very alone and unsupported and ended up back off sick later that year as everything caught up with me. I know that wouldn't have happened if the coaching had been available then.

## **CASE 5**

### **What do you think might have been different had you not received coaching?**

This has helped me to recalibrate expectations of myself and helped me adapt to my new normal. Without the coaching I know I would have experienced a heightened anxiety through the peaks and troughs of the past 6 months and this would have impacted on my mental health, I am certain of this. However, having my coach as a sounding board and at the end of a phone if I was experiencing a crisis, plus knowing her expertise would help me set the right context, this has been invaluable.

### **If asked, what would you say about the coaching support you've received?**

I have been blessed to have been introduced to an individual who I have been able to confide in, and share my innermost fears and thoughts about my work, and my re-introduction to the workplace, after such a traumatic experience. The coaching support I received has enabled me to build up my working strength and strike the right balance throughout my recovery period to ensure that my health continued to improve and that I was able to have the right conversations at the right time with the right people both inside and outside work. Without this I am sure I would not be in as positive place as I am today.

### **Do you have any other comments?**

I have been fortunate to be surrounded by a supportive team, however in such a large organisation this is not likely to be the case for all colleagues impacted by a cancer diagnosis. The sharing I have been able to do within the Group [about my diagnosis and recovery] has only been made possible for me because of the new perspectives I have been offered by my coach and my line managers. Please do not underestimate the positive impact of providing coaching for colleagues who suddenly find themselves working with cancer.