

# ABOUT YOUR COACH

Adapt Consulting Company - Tim Roger  
Helping people and organisations get things done.

I am a Consultant, Facilitator, Mentor and Coach, sometimes an Interim Manager. The former offers solutions based on qualification and experience and the latter enables teams and individuals to find their own solutions and pursue their own path.

## PROFILE

Former high-performance athlete at Commonwealth Games and World Champs, now an experienced Management Consultant, used to working with people and teams helping them achieve their goals.

Management Consultant MBA  
Experienced team and change facilitator  
International Coaching Federation ICF Trained Coach  
Volunteer IoD Mentor  
Chartered Management Institute Tutor for Level3, 5 & 7  
Sports Coach - Rowing and Triathlon  
Qualified Personal Trainer

## FEEDBACK FROM CLIENTS

*I have really enjoyed working with Tim for a few sessions. After the chaotic 2020 we have all experienced, the thoughts in my head felt like the insides of a tumble dryer. I knew I had the solutions for some of the challenges I was experiencing, I just couldn't tease them out. Speaking with Tim helped me to unravel some of the strands of my thinking and follow them through to identify several potential options as well as talk through the role I play in each scenario. Having someone listen without judgement and ask incisive questions was invaluable at the time that I needed it the most. I have recommended him to others. [Anon. Manager, Education and Learning]*

*I found Tim's approach to coaching extremely helpful in exporting ideas and thinking of solutions. Tim really helped me to identify the cause of a particular stumbling block I had, thus enabling me to address it and move forward. [Anon. Manager, Jersey Charity]*

*Tim's approach will always help you explore and reveal more options and solutions. Tim knows how to motivate and guide you to find and achieve your goals. His ideas and way of thinking are built to help you eliminate any challenges you might face. Happy to have worked with him and would warmly recommend to anyone. [Cosmin Saltan cosmin@seeforward.co.uk]*

*Its great working with Tim, it took me a few sessions to understand that there was almost nothing he couldn't help on. He's encyclopaedic on concepts that aid*

*all areas of working life. His ability to be a head of the conversation creates a clear and effective pathway for any idea or challenge that is presented to him. He helped me with understanding the potential of myself, improved how i communicate and manage information, whilst maintaining a deep integrity for detail and complexity. Like with all excellent educational experiences my first thought is, how I wish more people can access it. He's helped specifically in two areas, to present a systems approach methodology to a governmental group, and to rationalise my ideas for a small food business that I am a director of. [IH 2020]*

*Tim's style, manner and pragmatic approach has been very valuable. His contribution will have a positive and lasting effect on the way we work as a team. [AH 2020]*

*Tim Rogers independent and external view provided an excellent sounding-board and some practical challenges to the delivery of the IT Strategy and the development of the Service Delivery Plan and related Key Performance Indicators. What was particularly helpful was the use of a coaching and collaborative style that kept us in the driving seat, but allowed us to call on Tim's experience at strategic intervals. We believe this allowed us to achieve in 6 weeks what might otherwise have taken 6 months. [MO 2020]*

## CONTACT

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#people #process #progress #change