

TimHJRogers

Coach / Facilitator / Mediator

+44 7797762051

@TimHJRogers

Tim@ThinkingFeelingBeing.Com

www.ThinkingFeelingBeing.Com

<https://www.linkedin.com/company/thinkingfeelingbeing>

1



ICF Trained Coach | Mediation Practitioner | First Aid for Mental Health | Certificate in Applied Therapeutic Skills | AMPG Change Practitioner | BeTheBusiness Mentor | MBA Management Consultant | Prince2 Project Manager | 4 x GB Gold Medalist

About

Part of Adapt Consulting Company Ltd (Incorporated 2016)

ICF Qualified Coach

Mediation Practitioner

Certificate in Applied Therapeutic Skills

Consultant MBA

First Aid for Mental Health



Profile

My background includes transforming organizations, incorporating the Post Office and Ports of Jersey. I am an expert in projects, processes, and change. I've served as Operations Change and Sales Support Manager for NatWest and RBS International, and recently managed the Programme Office at CI Cooperative.

In the community, I've been a Lecturer and Trainer for the Chartered Management Institute, an Independent Non-Executive member of the Public Accounts Committee, and a participant in the Jersey Policy Forum. I am also the former Chair of the Pharmaceutical Benefits Committee.

In sports, I've competed in Triathlon (Commonwealth Games 2006), Ironman (2006-2016), Rowing (World Championships 2009, 2010, 2016), and GB Coastal Rowing (2017, 2021, 2022).



ICF Trained Coach | Mediation Practitioner | First Aid for Mental Health | Certificate in Applied Therapeutic Skills | AMPG Change Practitioner | BeTheBusiness Mentor | MBA Management Consultant | Prince2 Project Manager | 4 x GB Gold Medalist

Purpose

I support people and teams to grow, perform and succeed unlocking potential as a partner Consultant, Coach, Project and Change Manager. Together we can deliver projects and change, and improve the confidence, capacity, drive and desire of the people we work with.



Products and Services

Personal and Team Coaching

Mentoring

Facilitation

Mediation

Leadership Development



Coaching

Coaching is a process that aims to improve performance and focuses on the 'here and now' rather than on the distant past or future. Good coaches believe that the individual always has ideas and opportunities to resolve whatever is holding them back but understands that they may need help to define their goals, set their path, and achieve their success. Coaching is about listening, reflecting, asking questions and unlocking YOUR potential.



ICF Trained Coach | Mediation Practitioner | First Aid for Mental Health | Certificate in Applied Therapeutic Skills | AMPG Change Practitioner | BeTheBusiness Mentor | MBA Management Consultant | Prince2 Project Manager | 4 x GB Gold Medalist

Coaching Engagement Options

Individual Coaching:

Discovery Session: 1-hour session to identify goals and challenges - £50.

Starter Package: 4 sessions (1 hour each) over one month - £320.

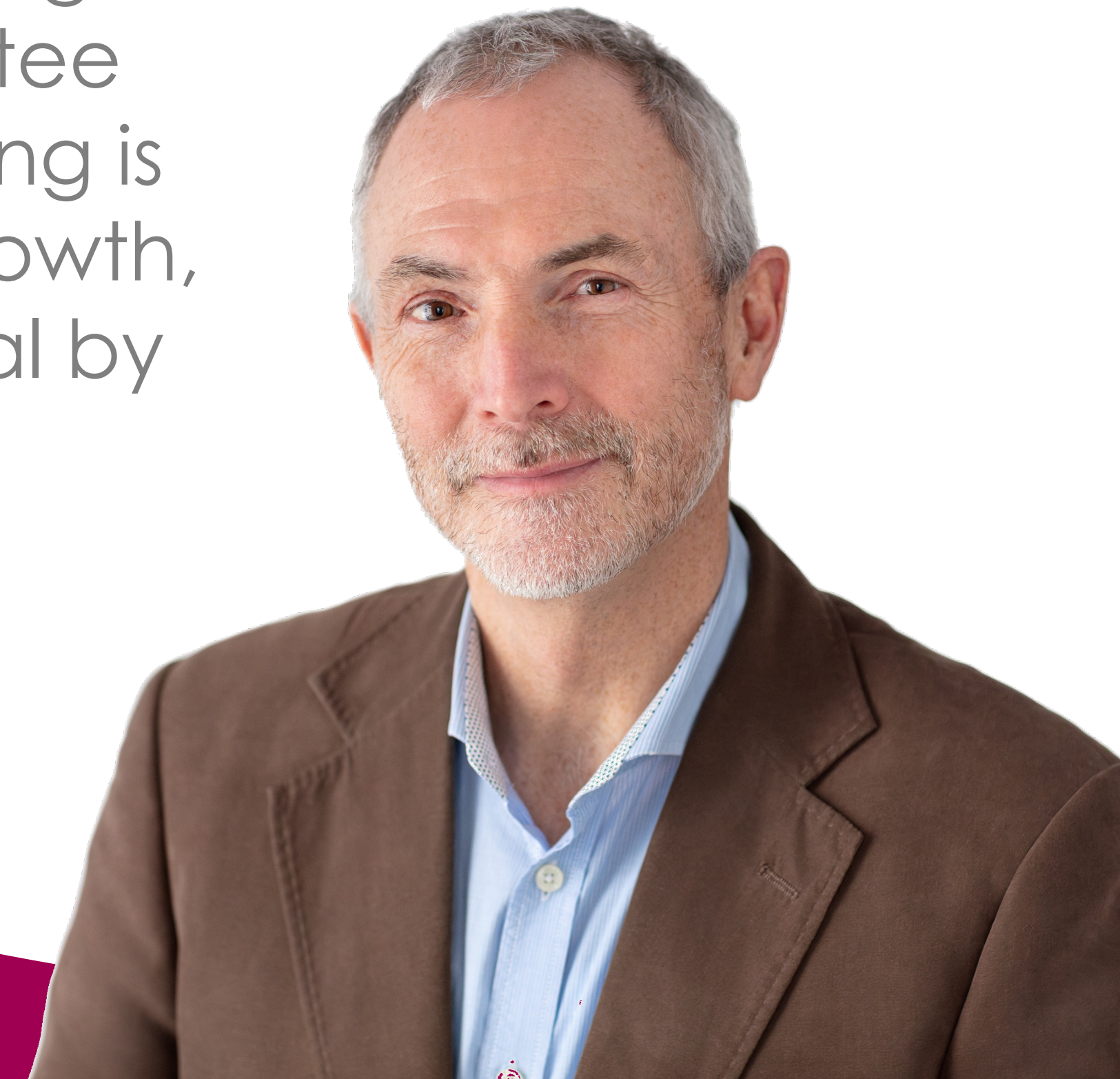
Growth Package: 8 sessions (1 hour each) over three months - £600.

Transformation Package: 12 sessions (1 hour each) over six months - £840.

Maintenance Sessions: Single follow-up sessions for ongoing support - £80 per session.

Mentoring

Mentoring is a relationship-driven process focused on the holistic development and growth of an individual. A mentor provides guidance, knowledge, and support based on their own experiences and expertise. The process involves sharing insights, offering advice, and providing feedback to help the mentee navigate their personal and professional journeys. Mentoring is about building a trusted relationship, fostering personal growth, and empowering the mentee to achieve their full potential by learning from the mentor's experiences and wisdom.



ICF Trained Coach | Mediation Practitioner | First Aid for Mental Health | Certificate in Applied Therapeutic Skills | AMPG Change Practitioner | BeTheBusiness Mentor | MBA Management Consultant | Prince2 Project Manager | 4 x GB Gold Medalist

Mentoring Packages

Individual Mentoring:

Mentoring Kickstart: 1 initial assessment session + 3 follow-up sessions .

Mentoring Development: 1 initial assessment session + 5 follow-up sessions.

Group Mentoring:

Peer Mentoring Circles: Bi-weekly group sessions for peer mentoring over three months - POA per participant.

Mentoring Workshops: Monthly thematic workshops for skill development and networking - POA per workshop.

Facilitation

Facilitation guides and manages a group's activities and discussions to ensure that objectives are met effectively and efficiently. A facilitator provides structure and support, encouraging participation, fostering collaboration, and keeping the group focused on their goals. Facilitation involves creating an inclusive environment, navigating group dynamics, and helping participants articulate their ideas and reach consensus. It is about guiding discussions, and ensuring that the collective wisdom of the group is harnessed to achieve the desired outcomes.



ICF Trained Coach | Mediation Practitioner | First Aid for Mental Health | Certificate in Applied Therapeutic Skills | AMPG Change Practitioner | BeTheBusiness Mentor | MBA Management Consultant | Prince2 Project Manager | 4 x GB Gold Medalist

Facilitation Services

Workshops and Meetings:

Half-Day Facilitation: Up to 4 hours of facilitated workshop or meeting.

Full-Day Facilitation: Up to 8 hours of facilitated workshop or meeting.

Strategic Planning Sessions: Custom facilitation for strategic planning.

Team Building Workshop: Half-day interactive team building activities.

Team Dynamics Session: Full-day session on improving team dynamics and communication.

Mediation

The mediator facilitates the conversation, encouraging understanding and cooperation, while maintaining a neutral stance. The goal of mediation is to achieve a mutually acceptable agreement in a confidential and respectful environment. It is about listening, fostering dialogue, and helping parties find their own solutions to resolve conflicts and move forward.



ICF Trained Coach | Mediation Practitioner | First Aid for Mental Health | Certificate in Applied Therapeutic Skills | AMPG Change Practitioner | BeTheBusiness Mentor | MBA Management Consultant | Prince2 Project Manager | 4 x GB Gold Medalist

Mediation Services

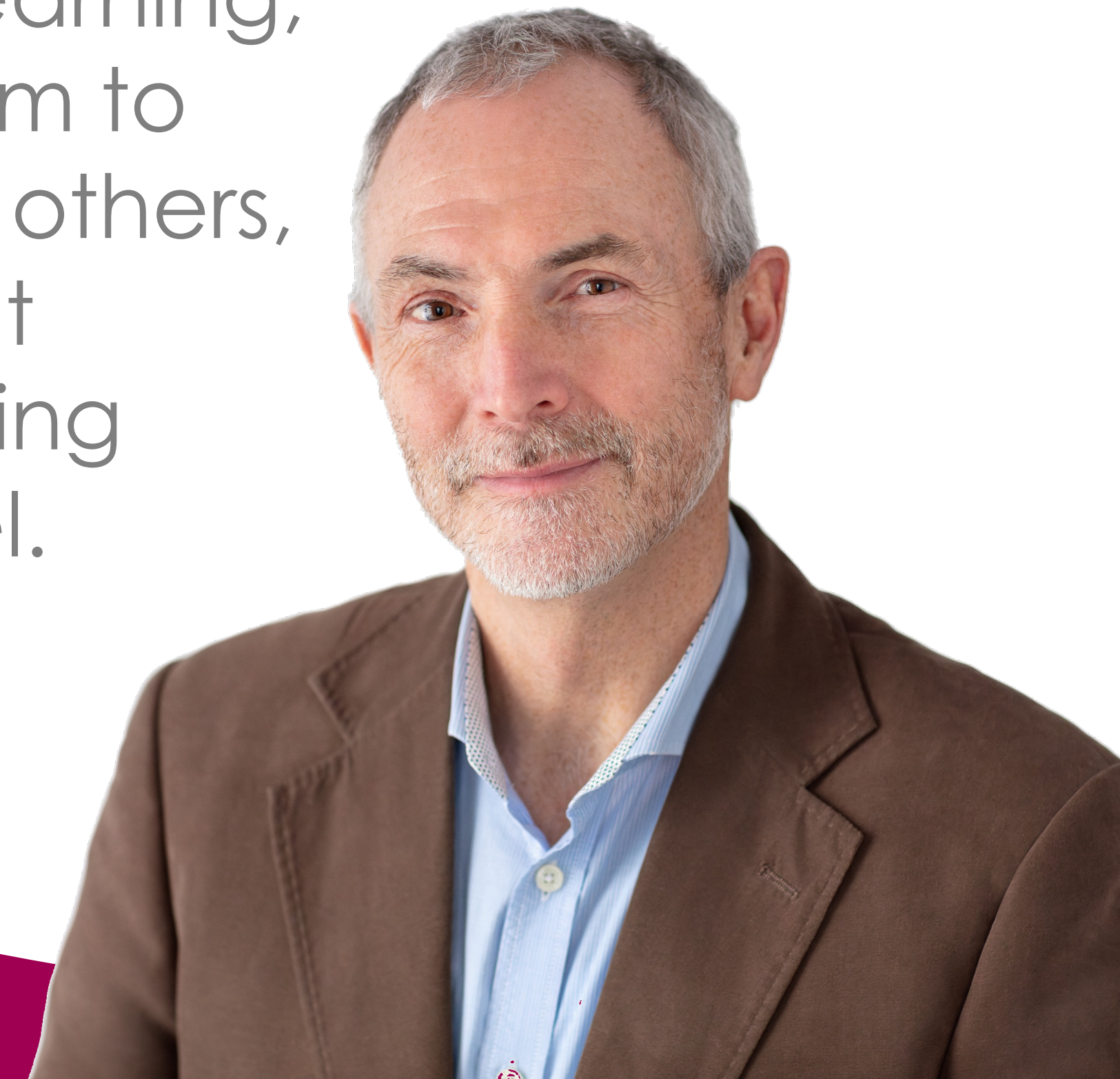
Initial Mediation Session: 2-hour session to understand the conflict and parties involved.

Follow-up Mediation Sessions: 1-hour sessions to work through the conflict resolution process - POA per session.

Comprehensive Mediation Package: Initial session + 4 follow-up sessions.

Leadership Development

It focuses on developing the qualities and competencies necessary for effective leadership, such as strategic thinking, communication, decision-making, and emotional intelligence. Through a combination of experiential learning, and feedback, leadership development programs aim to empower individuals to lead with confidence, inspire others, and drive organizational success. This process is about fostering growth, building strong leaders, and equipping individuals with the tools and insights needed to excel.



ICF Trained Coach | Mediation Practitioner | First Aid for Mental Health | Certificate in Applied Therapeutic Skills | AMPG Change Practitioner | BeTheBusiness Mentor | MBA Management Consultant | Prince2 Project Manager | 4 x GB Gold Medalist

Leadership Development

Basic Program: 6-week program with weekly 1-hour coaching sessions + resources

Advanced Program: 12-week program with weekly 1-hour coaching sessions, workshops, and ongoing support

Add-Ons and Extras:

Email Support: Provide ongoing email support between sessions.

Resource Library Access: Access to exclusive resources, tools, and materials.

Typical Feedback

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.



Typical Feedback

Tim played a pivotal role in the early stages of James' Ark, offering invaluable support that significantly influenced our progress. His guidance and assistance were instrumental in shaping our pathways, refining our products and packages, and laying the groundwork for securing funding. Without his expertise and dedication, navigating the complexities of establishing our organization would have been considerably more challenging. I would recommend Tim to anyone and he will always be someone I am extremely grateful to have met.



Follow

LinkedIn <https://www.linkedin.com/company/thinkingfeelingbeing>

Instagram https://www.instagram.com/thinking_feeling_being/

Subscribe <https://mailchi.mp/cddf4c91d169/welcome>



ICF Trained Coach | Mediation Practitioner | First Aid for Mental Health | Certificate in Applied Therapeutic Skills | AMPG Change Practitioner | BeTheBusiness Mentor | MBA Management Consultant | Prince2 Project Manager | 4 x GB Gold Medalist

Contact

Tim@ThinkingFeelingBeing.com

Tim@AdaptConsultingCompany.com

Phone 07797762051



ICF Trained Coach | Mediation Practitioner | First Aid for Mental Health | Certificate in Applied Therapeutic Skills | AMPG Change Practitioner | BeTheBusiness Mentor | MBA Management Consultant | Prince2 Project Manager | 4 x GB Gold Medalist