

CASE STUDY

BE EXCEPTIONAL. THE HENLEY WAY.



Sophie Austin

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How did you come to be on the programme?

'As Head of Talent in my company role, I was doing an amount of personal and professional coaching, but I began to feel that I wanted more rigour, more credibility as a coach. So I looked at a variety of courses and found Henley. As I recall, I only got my application in at the eleventh hour, and didn't even speak to the tutors. I just signed up, albeit just for the Professional Certificate in Coaching.'

So what were your expectations?

'I don't think I had any particular expectations. I knew of Henley's reputation, and I just wanted to develop my technique.'

Were there any surprises then?

'Oh yes! It was fairly immediately apparent that this was a programme that was more than just some tools and techniques – I knew it was going to challenge me personally and intellectually, which was amazing – although not always easy!

'And the whole programme just blew me away, to the point that I ended up doing the Masters programme.'

'I learned way more than just new practical tools and techniques; I learned an incredible amount about myself, which I'd never imagined to be a priority. And I especially enjoyed the second year, which was, for me, more intellectually-challenging, more psychologically stimulating. It was an amazing experience.'

And how has it changed you?

'The end of the first year was a bit of a wake-up call for me; it really opened my eyes to who and what I am, my aspirations and motivations. When I came back for the second year, other people in the group were astounded by the change in me. I was a different person. I looked, spoke, acted and felt different. Looking back, it was a real epiphany. I felt far more confident and focused. My life had been turned upside down by some of the decisions I'd made, and I felt liberated by the programme.'

'At work and socially, the change was evident too. I found that I was able to build good relationships more easily, I was more reflective and I was comfortable operating at a whole new level.'

'At work in particular, the word spread! I was aware that I became much more valued for the coaching service I was providing.'

What would you say to anyone considering going on the Henley programme?

'Whilst I can't compare the programme to any other, the setting at Henley is peaceful and calming – a wonderful learning environment.'

'The programme is very practical, which suited me and my learning style. It also felt really substantial. It challenges, questions why, and is very functional. You'll develop a far greater understanding of yourself, your drivers, and the impact you have on others. It's an intelligent, informed perspective, focusing on values and beliefs, and recognising the underlying reasons for a range of behaviours.'