

TV Producer

“2007 to 2009 was a very successful time for my film company. I'd been on this path for six or seven years, earning good money and producing high quality material. But then a client, who was a national organisation, spectacularly cancelled the contract with us. This started a domino process, which led me to close the business. From there on it was a time of crisis for me; What on earth am I doing with my life? With work? How will I support my family? Only a year before I could have categorically told you what my purpose was, what I get out of bed for. All this at the age of forty.

So then my wife had to do the work to provide the income. With young kids it was a strain on our family, especially as she was keen to be at home if possible.

To start the process of recovery, we had a meeting face to face. Then we had lots of telephone sessions together, backed up by emailed information. You asked me a lot of questions looking at the past and looking forward. You gave me a chance to speak about what had happened to me.

You also gave me some exercises to do, with some reading. These were constructive but bite sized enough to give me headspace to think through my work life. They helped to dig me out of where I was.

What I remember about that whole process was the confidence it gave me. Confidence to think – ‘you know what, I can deal with this, I can work through these questions about what I do next’. You gave me achievable milestones with each exercise, interspersed with telephone conferences. To have someone right at that point, talking with me and speaking positively, not just sympathy, but coming up with constructive advice and ideas was great. It was as much about having someone walk with me on the journey, as it was about getting to the conclusion.

I came out of it with renewed confidence for work, and that is absolutely invaluable when you are in the middle of a career crisis.

I'm now working and I have really been enjoying my work. I have two large database design projects and both clients are spot on in terms of me using my skills. I advise the clients, analyse their situations, come up with creative solutions to problems and then get commissioned to deliver the answer. I'm very satisfied and I love seeing the money come in when the invoices get paid. In parallel my wife has been able to give up her job as solicitor, to be with the children, which is what she wanted.

The process gave me confidence. Confidence to believe that there was more work for me to do, that life hadn't ended just because something I had been successful in was killed off. The result was I had belief. You were instrumental in getting me from a place of disappointment and depression to a place where everything started to improve.

You believed in my future, that there was work out there for me, it was crucial!”

This testimony is the transcript of a 'client review' phone call and is used with permission.



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