



University of
St Andrews



Introducing the
**Universities of St Andrews &
Aberdeen Coaching Network**



**UNIVERSITY
OF ABERDEEN**

Introducing the Universities of Aberdeen and St Andrews Coaching Partnership

The Universities of Aberdeen and St Andrews launched a joint Coaching Academy in 2014. We are now able to offer coaching as an additional support to development for staff at both institutions, helping people think through their options in relation to a range of situations they may be facing in the workplace.

The Universities have been working together on this project to develop a service which will be of benefit to staff in both institutions. Coaching can help people to:

- learn to address their own challenges
- develop greater self-awareness in a safe and supportive environment that enables the coachee to gain insight into their approach and patterns of behaviour
- identify their goals, and the potential barriers
- develop appropriate skills and strategies and become empowered to take action. If they have management responsibilities, this may result in enhancing their ability to lead and communicate with others, provide direction and development.

There are currently 12 coaches in the network who come from a range of academic, research, professional, support and technical roles bringing a range of experience and insight to the coaching role.

Further information, together with a short online application form, can be accessed at:

St Andrews: www.st-andrews.ac.uk/staff/ppd/resources/coaching

Aberdeen: www.abdn.ac.uk/staffnet/working-here/coaching-and-mentoring.php

If you feel that Coaching would be beneficial for you or a member of your staff, and would like to have a discussion about this, please contact:

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