

# Case Study

## Henley MSc Coaching and Behavioural Change



Cathy Stewart

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### Cathy, how did you come to be on the Henley Coaching programme?

'In 2010, I was put forward for a Women in the City, Women of Achievement Award in the Property category which I won, and I was then interviewed for the main Women of Achievement prize. Although I didn't win, the interviewer recommended the Henley MSc programme to me, but the timing wasn't quite right for me so I deferred considering it further until 2013.

I came along to the Open Day, already well aware of Henley's glowing reputation. And when I arrived, there was some unique ambiance about the place that is difficult to articulate, but I felt drawn to it.'

### How did the programme compare to your expectations?

'It differed – quite a lot! Naïvely, I thought I would be extending my knowledge in mentoring I'd been doing, but after the first session I was a bit shocked to discover that coaching is very different. This programme has taught me about me, first and foremost. About how I relate to other people and why they relate to me – and each other – the way they do. So when there were issues between people in my team at work, I was suddenly able to understand why different personality types clashed, and how to reduce or avoid the conflict. The Myers Briggs session put so many issues into place for me.'

### What was most surprising about programme for you?

'Well, perhaps the thing I was most surprised about was my assignment grade, which was higher than any mark I'd had since I did my O-levels – and it was from Henley! I admit I felt very proud of myself, and that really boosted my confidence.'

### What impact has the programme had?

'Seeing the positive change that I can make in a short space of time makes me realise how powerful coaching can be. Finding out about me has been transformational, and a big part of that was the experience of actually being coached, as part of our internal reciprocal coaching practice sessions – it was nerve-racking at first, but hugely beneficial. And to have one of my volunteer coachees develop into a real client was so satisfying.'

### So what are your ambitions now?

'I'd really like to build a successful coaching practice in parallel to my architectural practice, and I'm focusing on coaching women who are working in traditionally male-dominated industries to achieve their full potential, a common theme is confidence issues'

### And what advice would you give to someone considering enrolling on one of the Henley Coaching programmes?

'In terms of the course, the location and Henley's reputation, I'd recommend it highly – to be associated with an organisation like Henley certainly enhances people's perception of you in the business world.

'You'll gain so much from this programme – and not just academically. I've developed lots of great friendships with other people who were part of the same cohort most of whom I would never have had the opportunity to mix with outside Henley. There's a wonderful camaraderie. And Henley is a beautiful location. It's a very special place and is very conducive to study - it makes you want to learn.'

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