

# Case Study

## Henley Professional Certificate in Coaching MSc in Coaching & Behavioural Change



**Justin Kent**

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### Justin, what first made you want to join the Henley coaching programmes?

'In my role as a recruitment business owner, I'd always given a lot of careers advice and done a lot of what I believed to be coaching. It seemed to have a positive effect, although I was never entirely sure how or why I was achieving the results I did. I wanted to be better at it, and started looking around for a coaching course.'

'Then I saw on LinkedIn that an old boss of mine had started coaching. I contacted him and subsequently looked at a few options. I really liked the collegiate, inclusive approach at Henley, so I signed up for the Professional Certificate in Coaching (PCiC) programme.'

### And how was your experience of the PCiC?

'You're very vulnerable to start with; it's a fast-track to intimacy! Within a couple of days, you're sharing your innermost secrets with complete strangers, telling them about your ambitions, your struggles and your limitations. It puts you on the spot and tests you but, at the same time, you feel incredibly supported. Henley creates this non-judgemental environment in which such openness becomes possible and it is extraordinarily refreshing!'

'I thoroughly enjoyed it and immediately recognised the quality of the teaching. It gave me a real taste for developing my coaching capability, as well as providing me with the skills and credentials I needed. It gave me confidence and authority and I felt as if I was ready to develop a new income stream.'

### So, at what point did you decide to progress to the MSc programme?

'It had never occurred to me to do a Masters degree, but almost by chance I realised that the PCiC was a part of the degree course, and it didn't take much to persuade me to sign up for it. I knew that a proper university-backed degree would give me even greater credibility, and even though I had to think carefully about how I would fund it, I knew it would be powerful.'

### And what impact did it have?

'The depth of learning and practical experience on the MSc has had a profound effect on me.'

'I'm now building a business around coaching and I'm developing a genuine niche as a career coach, and I could never have done that without the confidence I gained from the MSc.'

'At a personal level, the impact has been staggering. I'm so much more self-aware and I now understand so much more about why I act and react in the ways I do. The programme shows you how to be non-judgemental and more supportive; it's been deeply rewarding.'

### So finally, what would you say to anyone considering the Henley programmes?

'Henley creates the sense that you're part of a family and you get a buzz from being there, every day. But be prepared to face yourself. It will be incredibly cathartic, and you'll have a lot of fun while making life-long friendships.'

