

Case Study

Henley MSc in Coaching & Behavioural Change



Steve Couch

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Steve, tell us how you came to enrol onto the Henley MSc in Coaching and Behavioural Change programme, and why?

'I'd been to Henley earlier in my career, so I'd been aware of it for a long time. I'd just left a big company after 30 years and had reached a point when I wanted to do something different.

'My previous role had always involved a lot of development work, and I decided to get a recognised coaching qualification. Having visited Henley to find out more about how their programme compared to others, it was an easy choice to make.

'I was especially attracted by the bigger cohort at Henley because I wanted to build a network, but the amount of practical work, and opportunity to understand the neuroscience and team elements of coaching, were also very appealing.

'Ultimately, I wanted to distinguish myself in the coaching market, and there was a sense that I wanted to do it fully, and gain a really comprehensive understanding of the subject. It seemed to me that executive coaching was – and is – a fast developing profession, and I want to be at the forefront of it.'

What were your expectations of the programme, and how did it differ in reality?

'I knew the quality of the teaching would be high, but I was pleasantly surprised at how flexible the learning was, and how easy it was to explore specialist areas. The range of people on the course was a bonus too, with people from different nationalities and diverse backgrounds, and ages from those in their late twenties to post-retirement.

'The amount of experiential practice and the level of tutor support were also very positive features for me. I've learned so much about myself, and reaffirmed my desire to specialise in team coaching, with a more psychoanalytical approach.'

And what have been some of the impacts on you, professionally and personally?

'The network I've built has proved to be invaluable, and the depth of the programme has given me a huge amount of confidence in my ability to deal with issues in the most appropriate way, and ask the right questions.'

So what is it that makes Henley special, and what advice would you offer to anyone considering this programme?

'The Henley programme offers a unique mix of tutors and outside contributors and it's a great course whether or not you want to become a coach. It really tests you – it asks some tough questions and it's a thorough examination of who you are and what you want. As a result, you'll gain a huge amount of self-awareness that will enhance your leadership capability.

'As with all things in life, though, the more you put in, the more you'll get out.'