

## Christine Rigden

Christine is an experienced Leadership and Career coach, with over 450 hours of coaching work both in a corporate environment and privately. During the past 20 years she has worked for a major IT company, optimising software to improve the customer experience. She is now in full time consultancy.

Christine specialises in Career and Transition coaching – helping clients to understand who they are and what they really want from the next stage of life before of them. She brings an open, listening presence to her coaching, giving clients a space where they feel they can be share and explore, develop or discover their vision.

Training and credentials include:

- Member of the ICF (International Coach Federation, [www.coachfederation.org/ICF/](http://www.coachfederation.org/ICF/))
- Certified by an ICF accredited Leadership Coaching course
- Credentialed to Associate level (ACC) with the ICF
- Trained & licensed to use the Firework career coaching programme ([www.fireworkcoaching.com/](http://www.fireworkcoaching.com/))
- MBTI (Myers-Briggs Type Indicator) qualified practitioner
- Various seminars in applying MBTI understanding to aspects of living
- Experience developing and running MBTI workshops

Christine will work through the MBTI with individuals or small groups (up to 25). Coaching is one-to-one, and in all cases voluntary participation is essential for the most benefit. She is a good listener, and her style is primarily non directive.

However, in keeping with the principles of coaching, she looks for powerful questions that will challenge her clients with new perspectives. Her understanding of Type theory informs her coaching, bringing new insights to her clients.

Coaching usually involves a series of sessions, whereas MBTI tends to be just one or two sessions. Either may be done face-to-face or by phone.

What clients have said:

*"For me, coaching was an opportunity to consider the wider issues of career change, share the journey of discovery, and open up possibilities I hadn't considered." (Steve, Ipswich)*

*"I am a senior manager [in a major corporate project] and have been for the past three years. If it wasn't for my monthly coaching sessions with Christine, I wouldn't have survived." (Simon, Halstead)*

*"The work that I did with Christine completely opened my eyes to my potential. I developed a real insight into what I need in a role and in my life." (Carla, Shrewsbury)*

*"I now have a better idea of what is important to me... Christine's non-judgmental listening and questioning helped me to reach the decision I did." (Steve, Woodbridge)*

### **Contact details**

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