



SLEEPINGGIANT

CONSULTING

Working with architects, designers, AEC professionals and their organisations to accelerate personal, professional and organisational performance.

EXECUTIVE COACHING

Executive coaching is rapid, effective, business focused and aimed at mid to senior levels of management; team leaders, associates, directors and partners. Coaching to agreed targets is conducted on a 1:1 basis (90min every 3-4 weeks, 6 sessions) or as part of a small group setting (e.g. for a 3 person group, 2hrs every 3-4 weeks, 6 sessions).

Senior Leaders | Focus, Strategy, Change

As a director, partner, or a senior architect you may be confident taking on new tasks, and may feel that an objective, independent point of view would help achieve a new level of performance. By developing a higher level of self-awareness, you will acquire and sharpen skills needed to lead, invoke change and articulate your business vision.

Women in Management | Support, Stretch, Voice

Woman in senior management want to feel confident articulating ideas and views. As a role model and leader, coaching equips you with strategies to overcome obstacles, fostering a strong sense of self-belief. Support during critical transition points helps you to navigate change, such as moving from mid- to senior-level management. Self-awareness, conscious behaviour & stretching your comfort zone are competencies for your success.

Maternity or Long-Leave Returner | Confidence, Resilience, Balance

Returning from maternity leave, you'd like to hit the ground running and increase your visibility in the office. Increasing your confidence and heightening resilience levels will positively impact your return to professional life. Relationship management is key, along with maintaining balance and flexibility.

Associates and senior designers | structure, mobility, growth

You have specific personal or business objectives to meet, along with a desire for forward mobility. Whether focusing on career advancement or balancing external commitments, you'll want a sound structure for achieving your goals and a coaching partnership that will help you manage the transition.

Team leaders | delegation, appreciation, enquiry

As an architect responsible for leading or managing a team, coaching can develop your strengths and help you explore areas that would benefit from improvement or change. Discussions may be around personal communication, delegation and conflict scenarios.

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"My coaching experience was 5/5: excellent. I would be more than happy to recommend Karen to anyone who is looking for coaching."

Partner

"[Coaching] allowed me to understand my ways of working so that I could recognize what old habits were holding me back and those which I could use to drive me forward."

Senior Architectural Designer

"Coaching has helped me to scope out the distractions and understand what is important."

Design Director

"It's valuable to have these leadership discussions with an independent professional regardless of how well things are going in working life."

Associate

Read full testimonials at: www.sleepinggiant-consulting.com/clients/

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Karen Fugle is an executive coach and LEGO® SERIOUS PLAY® facilitator with over 20 years experience in the Architectural industry.

Karen elevates her client's ability with results-oriented coaching that is achieved through clear actionable planning. She has a strong work ethic that manifests in high standards, clarity of approach and simplicity of delivery.

Karen is an accredited Associate Certified Coach (ACC) with the International Coaching Federation (ICF) and is a certified LEGO® SERIOUS PLAY® facilitator.

SleepingGiant Consulting is ISO 9001 certified, establishing the name as synonymous with quality in the coaching field. ISO 9001 certification underlies my commitment and focus on clients' development.



"I love working with people and am passionate about personal development that can have a positive and quantifiable impact on the running of businesses at every conceivable level."

Contact Karen today for more information.

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