

## Christine Rigden

Christine is an experienced Leadership and Career coach, with 700+ hours of coaching work both in a corporate environment and privately. For 20 years she has worked for a major IT company, optimising software designs to improve the customer experience. She is now self-employed as a Career coach.

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 share and explore, develop themselves or discover their true direction. The goal is to help clients to know their own mind.

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 Professional level (PCC) 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
- Studies 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)*

*"The clarity and insight that she brought to my drivers, values, and strengths, were indispensable in understanding and shaping my working life going forward. What impressed me was... her ability to flex around my particular needs as her client." (Peter, Rugby)*

*"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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