

A Place to Work on Herself

Longtime client Courtney M. met Kathy Clayton 8 years ago. So much in Courtney's life was new: newly married, new to the Seattle area and new to her career too. She thought she'd be focusing on her career with Kathy's coaching, but was surprised to find she was working on her whole self.

Meet Courtney

Courtney M. met Kathy when Courtney was in her late 20's. She was newly married, new to the area (having grown up in Kansas City then living in Sacramento before moving to Seattle). She was also launching a brand new career as a financial advisor and building her practice in a place where she didn't know many people at all.

"I was invited to be a part of a women's networking group. It was an informal program and the idea was to learn from each other. I met Kathy there and was really drawn to her approach and style. She has a way of drawing you in."

They met again to get to know each other and see if a referral partnership would work between them.

"I wasn't looking for coaching and I surprised myself when I made a decision to work with her on the spot," Courtney shared.

I remember telling her, "I don't know how we'd work together, but I want you in my life."

She gives it to you straight, but with a kind delivery

So Kathy and Courtney started working together. The coaching program started out with an initial meeting and there was an assessment given. The second meeting shared the results of the assessment and the enneagram tool was implemented as well. These were the discovery tools that gave new insights and perspective to Courtney and gave Kathy immediate details for coaching, without taking a lot of time in relaying back-story.

"Kathy has a gift for giving it to you straight, in a really nice way...a very kind delivery. She told me what I needed to hear when I needed to hear it, in a way in which I could hear it."

"I intended to utilize Kathy's coaching for Courtney-the-Business-Woman. We worked on Courtney-the-Individual. Kathy focuses on the betterment of the whole person."

Continuing on after the Coaching Intensive was completed

The Coaching Intensive, as such, is comprised of 7 sessions total. Courtney chose to keep going after the 7th session was completed.

"I needed a place where I could work on me: I didn't want it to end. I thought, 'I'm getting so much from this.'" "Even the appointments where I didn't know what to talk about (going in), I would come out of it saying, 'That was an amazing session.'"

"I was doing work I didn't know needed doing and it was getting done. Each appointment built on the next. Plus, she is not a part of my career industry, so she has a very fresh perspective. There was a familiarity in working with Kathy as a coach as well; I have a sports background, so it felt normal for me to have a coach and receive ongoing feedback."

Responsive and accessible

Part of Kathy's Coaching Intensive includes phone and email accessibility to clients. This access between sessions is designed to support a client while out in their life when something new and/or challenging arrives. Connecting with Kathy in a moment of struggle, frustration, confusion, paralysis (or other feelings) allows both client and coach to connect during a time of potential change and progress.

"One thing that stands out is Kathy's accessibility. Of course, it's helpful to meet in person as her client, but I also felt I could call her or email and she would be able to calm me down or walk me through what's going on in a 10-minute conversation. She's not 'on-call', but she is responsive when you need her."

"I know myself better and I am a better advisor, mom, and wife. I have more compassion for myself and have developed humble confidence based on accomplishments. I feel more sure and comfortable."

"Kathy helped me to navigate a major career and life change in simply uncovering more of my authentic self... I didn't know what that meant 8 years ago. I wouldn't have had the idea to make this change, much less the confidence to do this, without her support and coaching. Working with Kathy is invaluable."

When you're ready

Connect with Kathy Clayton and enjoy, revel, and challenge yourself in a safe place where you, like Courtney, can work on yourself.