

# COACHING FROM THE INSIDE OUT

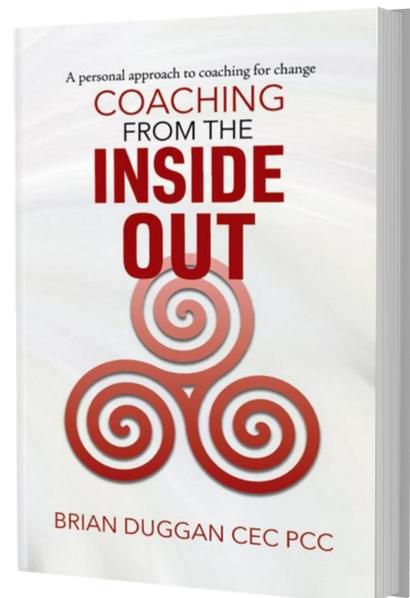
Brian Duggan CEC PCC

Are you wondering about becoming a coach? Are you a coach who wants to renew your focus?

This book is an invitation.

I invite you to walk with me and reflect on what I think it means to be a coach. I hope this walk will help you to find your own meaning.

*Coaching from The Inside Out* is a personal approach to coaching for change.



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## AUTHOR BIO



BRIAN DUGGAN CEC, PCC is an Executive Coach with a passion for engaging people who are curious, ready for personal growth and impact in their world. He has been fortunate to develop his coach approach to life as a Priest, a Counselling Therapist, a Human Resources Consultant, an Educator, and a Writer. A life long learner, Brian has undergraduate degrees in Political Science (Dalhousie University) and Theology (Saint Paul University). He has studied social work, pastoral care and business. He has a Master of Theology (Atlantic School of Theology) and Graduate Certificates in Religious Education (Fordham University), Executive Coaching and Advanced Coaching Practices (Royal Roads University). He is a Professional Certified Coach with the International Coach Federation. Brian lives in Halifax, Nova Scotia, Canada with his wife Beth and is blessed with a large multi-generational family.

# THE BRIAN DUGGAN CEC PCC DIFFERENCE

As a Coach my goal is to bring curiosity and compassion to supporting leaders to find their place in our world of challenging change.

My approach is presence based, person centered, strategic and respectful of cultures, diversity and both organization and employee objectives.

I am humbled to know that Executives and leaders in the private and public sectors have benefitted from coaching with me and that they report results in their leadership and career development.

I am also humbled to know that I am seen as:

- accountable to clients, their organizations, ethical guidelines, my core values and passion.
- focused, service oriented, compassionate and a catalyst for personal and business growth.

Clients have realized that:

- achieving their leadership, team and business objectives are possible.
- the core values of respect, commitment, openness, service and accountability create a safe environment to explore their coaching goals.
- steadfastness, built on personal confidence, experience and compassion, is the foundation for challenging questions and conversations to provoke learning and growth.
- trust enables our risking deeper and broader exploration of untapped strengths, potential and opportunity for personal and professional development.

I bring:

- a calm and focused personality with empathy, curiosity, ethical grounding, balance, in the moment questioning and purpose to empower others through personal and professional growth.
- the awareness that I may not have 'been where you are or want to be' but I am 'willing to go there' with you.
- commitment to your future.

I am a life-long learner, a Certified Cultural Intelligence Facilitator, a Certified Insights Discovery Facilitator, and I have completed the Royal Roads University Graduate Certificates in Executive Coaching and Advanced Coaching Practices. I am an active member of the International Coaches Federation.

*Explore the Possibilities*

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