

PAUL SEYMOUR

Personal Development Coach

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EXPERIENCE

Personal Development Coach

The Person Coach

11/2022 - Present

With continued study in neurodivergent coaching, I now incorporate Clean Language techniques and principles into sessions when coaching ADHD clients. I raise awareness of the varied aspects of ADHD as they present in my clients, I encourage acceptance and positive self-affirmation, by holding a safe space for my clients, as a method to reduce pre-diagnosis shame and I promote creative, strength-based thinking as a means to achieve their goals.

Areas of success for clients with and without ADHD include:

- Career relocation
- Startups
- Monetising their creative output
- Financial stability
- Career satisfaction
- Time management
- Business restructuring
- Creating work/life balance

Founder

One Man Two Dogs

06/2013 - 11/2022

As a web designer and developer, I created and built websites and platforms for startup and existing companies. All of my clients received services far beyond product provision into collaboration in business decisions and direction.

Notable Clients:

- <https://styledhomestudios.co.uk> - Achieved £30k investment
- <https://signalbeerco.com> - Digital and product design from launch, oversaw the successful implementation of e-commerce, which helped keep the brewery afloat over the pandemic
- <https://postpartumplan.co.uk> - Over 200 ongoing memberships

Chef Patron

The Nearest Cafe

05/2009 - 04/2013

Following a dream, I bought and ran a very popular cafe, catering for the large student population, tradesmen working in the area and local new parents.

- Cooked consistently high quality, and highly feted, breakfasts and lunches
 - Employed and retained a staff of young adults, mentoring and supporting their professional growth
 - Average annual turnover £70k
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SKILLS

Active Listening Empathy

Reflection Confidentiality

Constructive Feedback

GROW model DISC profiling

Creativity Critical Thinking

Non-Judgmental Attitude

Record Keeping Clean Language

SUMMARY

During a long and varied career, I have developed the key skills required of a life coach, creative thinking, active listening, action planning, project execution, mentoring, empathy and leadership.

My training with The Coaching Academy has been extensive and given me an expert understanding of the GROW model and how to apply it to every situation, from creating SMART goals, reflective reality observation, door-opening, option creating questioning to firm, achievable action planning.

Through this education I have solidified my life experience into a powerful tool with which I help transform my clients lives.

EDUCATION

ICF accredited Personal Development Coaching Diploma

The Coaching Academy

11/2022 - 05/2024