

Speeding it up – Comma Coaching

Comma Partners recently held a fun, upbeat speed coaching event in London at RSA House to launch their new coaching offer. Eight coaches held short back-to-back sessions for coachees; providing a taster of the power of personal one-to-one coaching. The event was a spin on speed dating and created a high energy networking event for the 30 attendees. Wine and nibbles were served to those waiting for their coaching session, giving people plenty of time to share experiences and ask questions.

Comma Partners has set up a coaching arm of the business offering one-to-one coaching to clients leading change and those working in communication and change. Comma is also offering a team coaching approach to support organisational change and transformation programmes. Their aim is to be the go-to coach provider in the communication and change space.

Comma Coaching has a growing pool and pipeline of talented, qualified coaches that can be placed into client organisations. A point of difference is that nearly all the coaches have significant experience in communication and change. The coach offering will run alongside, the already successful Comma Interims part of the business.

Virginia Hicks, MD Comma Partners said “I am really excited about this new venture and being able to offer high-quality coaches to clients. This offer fills a gap in the market, providing clients with qualified, vetted coaches with experience of change and communications”

Both the coaches and coachees found the evening enjoyable, yet challenging. The short sessions added intensity to the coaching; pushing coachees to think; consider their mindset and answer difficult questions in a short space of time. Coachees talked of feeling calmer, more focused and understanding what was preventing them moving forward.

Richard Hutchinson, Coach and Communications consultant commented “It was exhausting and exhilarating doing four back-to-back sessions but also very powerful and effective. It’s always amazing how even a short coaching session can energize thinking and ensure a valuable outcome for the client”

Emma Ridgeon, Coachee and currently providing communications consultancy in the retail sector; “My session gave me plenty of food for thought! Great questions and a lot covered in such a short space of time. I enjoyed both the coaching and networking. I liked the fresh format and it has opened my eyes to coaching”



“I am delighted how well the evening went, the energy was brilliant and it was great to see people enthused about coaching. We have a fantastic, supportive network and it is always a pleasure to get together – talk, debate and connect.” Virginia Hicks

Such was the demand and success of the event, Comma Partners is looking to hold another similar event later in the year.