

Feedback about Ingelas's coaching

"I would like to recommend a colleague / comrade to test coaching! Coaching means that you yourself have to take the time to focus on what is important and set goals and action plans, and then put them into practice. The coach will help you, but it is you who find the answers. The coach oversees the process and keeps a little "thumb in the eye" on the client "

Maria Fredriksson, CEO, Wretdalen AB

"Coaching is good because you get time to reflect, you get to see different angles on the same problem. Sometimes your head is empty. A little therapeutic!"

Malin, works with quality issues in the production of cardboard Swedish Swedish forestry group

"A bit into the coaching, some things started to happen within me. Therefore, coaching has given me a whole new opportunity. For me it was good that someone else led me forward. I would not be in that situation if I had not received this help"

Woman in her 50s who works as a specialist in a government work.

"When we started coaching, I immediately found concrete things that I wanted to work on! These have helped me deal with things in my work and my private life"

Mikael, Personnel Coordinator (first line manager) pulp mill Swedish Forest Group

**"The coaching with Ingela gave me several new perspectives and solutions to my challenges. Her way of approaching me as a client instilled confidence and her common knowledge and knowledge of the HR-area gave an even deeper dimension in coaching. Without her coaching, I would not have reached my current goals and action plans".
Thanks Ingela!**

Alexander Ekendahl, HR Manager

"Coaching is a great way to look at yourself from an outside perspective, get help finding tools and overcome limitations, etc. The homework helps me!"

Cecilia, forest planner within the Swedish forest group

"The coaching has helped me understand more about myself which helps me to be able to develop and do a better job in the future. You are very skilled"

Linus break master within the Swedish forest industry group

"During the coaching with Ingela I have developed into a much safer person. I have learned how to easily change one's mindset in different situations. Ingela recommends if you want to succeed in reaching your goals!"

Anders a former forest machine driver in a Swedish forest industry group