



MATT FOX

MATT FOX TRANSFORMATIONAL COACH

HOW IT ALL STARTED

My journey began as a University Lecturer and Researcher. After completing my PHD in Online Learning, I moved into the private sector to become the Director of Learning for the Epic Group (now part of LTG PLC).

I had some great times there and loved the work I was doing, but my entrepreneurial spirit was calling. I decided to leave consultancy and co-start my own business in 2005, Kineo, which became a household name in digital learning, with over 300 employees and an 8-figure turnover.

After 9 amazing years at Kineo, I decided to follow my calling and pursue my passion of helping change people lives. I decided to become a psychotherapist and transformational coach, leveraging my experience to give back to the wider community.

For me, the learning never stops. I study deeply and apply my learnings to help deliver powerful shifts for my clients. We create our lives day by day. Sometimes all it takes is a moment of clarity to set us on a journey of happiness, peace and abundance.

STYLE OF COACHING

My style of coaching is very simple: It's all about you. Who are you? Who do you need to be to achieve the things you want in life? The answers are all inside you.

My clients deeply appreciate the safe and expansive environment I create to have these types of profound, life changing conversations. I focus on listening deeply and creating a space for clients to get clarity, connect with a deep inner peace, and take bold action. From here, the possibilities are endless.

Typically, professionals come to me with a driver to reach a new level - be that professionally in their career, organisationally or both. Some want to develop skills in leadership, managing change and transition. And others want to be more present at home with their children, without sacrificing career opportunities and growth.

I've worked in Leadership and Talent Development most of my life. I've always been surrounded by high performers who want to get that next level without sacrificing everything to get it. Often they're feeling stressed, on edge and not quite themselves. Removing these layers of thinking and self-limitation from their everyday, allows them to shine and show up powerfully in all aspects of their life; including their work, their relationship and family.

Having spent tens of thousands over many years of personal development but never finding anything that really stuck and made a permanent difference, I came across a transformational new understanding of how life and people work, and I want to share it with you to bring about extraordinary growth for you too.

CLIENT SHIFTS

I invite you to read about some of the recent shifts my clients have experienced, and to see if you resonate with them:

P:

Went from feeling totally out of touch with his emotions, feeling disconnected with his partner and colleagues, and living a very rule-bound lifestyle to feeling free to make meaningful choices in his life. Recognised his deep sensitivity rather than pushing it away and judging it. Felt free to be himself in all the contexts of his life. Made a brave decision about his relationship and re-defined what he wants and is willing to settle for in life.

Was able to step away from being continually pulled into crises in his business, to working on his business more strategically. Stop being pulled into the minutiae and was able to focus on what he loved doing, and creating more value for his business and clients. Stopped living by his own painful made-up rules. Acknowledged and embraced his own depth and sensitivity.

Let go of micro control at work and created space for himself in and around work. Slowed down and taken himself more seriously and with more care to live life with more joy. Is now more authentic and present in his work and home life.

S:

Was living on edge and in overwhelm much of the time, losing sleep. Went from shouldering way too much responsibility, rescuing others to setting clear boundaries, making strong agreements, delegating and standing firm on his intuition and insight.

Has become more present and engaged with his family and is taking time for himself and his wellbeing. Feels optimistic and purposeful about his life now.

M:

Gone from feeling like he can't succeed at work, to feeling he is an equal player in the team. Feels much less anxious and overwhelmed by the enormity of his workload and targets and more able to focus on creating the results he wants.

More present and connected at home. Less preoccupied with his to do list, work emails and career questions at the expense of presence with his partner and kids. His anxiety has subsided and his peace of mind has returned.

Not bothered by how he will be judged in meetings any more. Has made his target for the first time in 3 years. Has lost his fear of selling and sees it as a pleasurable experience.



I invite you to take the first step and start a conversation that may well change your life in profound and unexpected ways.

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