



## Lisa Mullions Accredited Coach | Testimonials

### Coaching

"I had the pleasure of working with Lisa professionally. I discovered Lisa's talent for coaching when I was going through a difficult time at work and she offered support.

I can confidently say that Lisa is a gifted coach. She has an uncanny ability to create psychological safety and build trust where I feel comfortable sharing my thoughts and feelings. She is also skilled in helping people view things compassionately and graciously.

In addition to her coaching skills, Lisa is an incredibly well-connected professional with expertise in health, trauma and governance, diversity, inclusion, equity, and women-focused issues. She exemplifies servant leadership and has inspired me with her cultural intuition and responsiveness. I highly recommend Lisa to anyone looking for a coach within or outside the organization. I feel fortunate to have had the opportunity to work with her and hope to do so again in the future."

**AW Communications Manager (2024)**

"My coaching conversation with Lisa was transformational. It was incredible to realise how much positive changes can happen within a session. Lisa has a gentle coaching style yet she would never shy away from asking powerful and challenging questions that open up my thinking. She listens carefully with empathy and compassion. She curates a safe space for me to take time to express myself. The pace and flow of our coaching conversation feels perfectly organic and natural. I remember I felt stuck in my life when I enter the conversation. When I walk away, I felt incredibly empowered and excited to explore the new possibilities that I came up during the sessions. It is a powerful experience working with Lisa. Thank you!"

**CW Creative Lead (2024)**

"It was an absolute delight to work with Lisa. I came to these sessions unsure of what to expect. In many ways I felt bruised by organisational events and processes resulting in an ungrounded and isolating experience in my work. My work had started to threaten who I felt I was and I was unable to express that feeling of dis-ease - I was personally challenged and reached out to the coaching opportunity. The process of meeting three times with Lisa over half a year yielded amazing insights and encouraging reminders of who I am and glimpses of change that I had yearned for. Lisa was insightful, loving and fully present in all our sessions together. The generosity of her focus, sensitive attentiveness and passion for this work shone through and energised each session. Lisa provided the right balance of listening and reflecting back that was instrumental in helping me to gain insights to my personal way going forward within a leadership position. The last session in particular was celebratory and affirming resulting in an amazing written report of our time together which I will treasure. I would recommend Lisa to anyone who seeks a more holistic experience in their working lives. Ngā manaakitanga"

**SC Director (2023)**

"I found my conversations with Lisa invaluable. I am grateful I had her support to guide me through a landscape I was struggling with. Lisa was committed, compassionate, professional, and she constantly encouraged me to challenge myself during all of the conversations we had. She helped me to move my thinking from one place which wasn't good, to a far better place than I was. She definitely has helped me to grow in my thinking. I would work with Lisa again and would definitely recommend my colleagues to talk with Lisa if they were wanting some coaching. She is 10/10!"

**LB Project Manager (2022)**

"I really appreciated how flexible Lisa was with regards to when and how we had the coaching sessions. I was pleased Lisa was able to get to the 'crux' of what I wanted coaching on even though I wasn't sure myself to begin with. In summary, I was very pleased and highly recommend Lisa. Ngā mihi nui"

**AD IT Director (2022)**

## **Facilitation**

"Working with Lisa has been a huge privilege. Lisa provided a solid and safe container for me to unpack and navigate different themes and energies that were showing up in my life, past, present and future. In our time together I was able to gain clarity, being able to speak into what these were, and Lisa was able to beautifully reflect back to me and ask questions with precision. These helped highlight my anchored intention and themes that I had opened the coaching conversation container with. I would highly recommend working with Lisa, not only in a one-on-one coaching but also through The Map of Meaning. The Map of Meaning tied our sessions together in a way that I was able to go forth with not only clarity but a written-out piece, a map, that gives me a tangible and solid foundation to refer back to at any point in time. Having this Map

of meaning gives so much more depth to what I am currently creating and any future co creations. I am beyond grateful to have been able to participate in this high-level coaching modality. Gratitude and Love from my heart to yours."

**Milly (2020)**

"I just wanted to say thank you for the provision of the Coaching Essentials and Coaching Circles this year. Since completing the Coaching Essentials training last year, I have found the Circles a great help in refreshing and strengthening my understanding of how to take a coaching approach. Of the three I managed to participate in, there was an interesting variety of roles and levels of coaching knowledge represented among each gathering, which was beneficial to my always developing understanding of all the different work and teams at my workplace. Lisa, you are an outstanding facilitator, and I learned a great deal from you each time. I do hope that that this provision can continue in 2024. Looking forward to that and thank you again." **MB (2023)**

## **Spiritual Mentor**

"Lisa has such a powerful presence, and her mentoring is no exception. I felt very held, seen and heard and always came away with grounded and productive steps to implement, on top of motivation for deeper self-enquiry. What I appreciated the most is Lisa's ability to ask the questions that helped my mind come around to see my own cognitive dissonance. This helped me see patterns that I keep an eye out for now. Lisa has a gift for holding space, creating deep enquiry, initiating change and being soulful throughout. I highly recommend Lisa."

**CT (2020)**