

POSITIVE PSYCHOLOGY COACHING

WHAT IS POSITIVE PSYCHOLOGY COACHING?

A scientifically-rooted approach to helping clients increase their well-being, enhance and apply their strengths, improve their performance and achieve valued goals. In this type of coaching, there is a focus on sustaining well-being alongside performance.

Coaching aims to be flexible according to your current priorities. Perhaps you want to explore career options, gain clarity ahead of a significant life decision, develop your resilience, confidence or well-being or achieve an ambitious goal. All coaching is about supporting clients with change, specific goal achievement, and/or areas of personal/professional development. We look at where you are today in some aspects of your life. We partner in a thought-provoking and creative process to explore where you desire to be and move you in the right direction, using a scientific and practical approach to well-being, motivation, strengths and behaviour.

COACHING CREDENTIALS

Tanya Sanyal - Positive Psychology Coach

Hi, I am a trained Positive Psychology coach, in the final research module of my MSc Applied Positive Psychology and Coaching Psychology at University of East London. I am insured to provide life and executive coaching and comply with the professional guidelines of European Mentoring and Coaching Council (EMCC) whilst I work towards professional accreditation.



My professional background is finance (12 years on J.P.Morgan's trading floor in hedge fund rates sales) and entrepreneurship (2 years building a search engine for home furnishings). I am an experienced professional organiser, KonMari® Master tidying consultant and the founder of Organised Joy, a decluttering business.

As a coach, I am open-minded, non-judgemental, focused, considerate and respectful, and undertake additional preparation to work with you effectively. I provide support through careful listening, questioning and constructive challenge to assist you in your development. I may, with your permission, introduce relevant evidence-based activities and online surveys that could support you in the achievement of your goals. It is not my role to give advice or tell you what to do. In coaching language, this is the person-centred approach.

INTRODUCTORY “CHEMISTRY” CHAT

We arrange an initial 20-30 minute video meeting to introduce ourselves to one another and check a) If coaching is right for you at the moment and b) If you and I are a good fit to work together.

TIME AND PLACE

Coaching sessions last for one hour, unless agreed otherwise. The format of coaching is flexible, either face-to-face or via Zoom. We can review this as we go.

PRICING

£100 per 1-hour coaching session.

SEE CLIENT TESTIMONIALS BELOW

COACHING CLIENT TESTIMONIALS

B. SAKHRANI, TECHNOLOGY PARTNERSHIPS | JAN 2024 | 4X 1-HOUR SESSIONS

"Tanya has a gift for breaking down a big life challenge into bite-sized pieces, and helping you navigate through the key considerations. She helped me assess options from a holistic perspective, considering not only the immediate benefits but also how they fit into my larger life goals and values, which was not always easy for me to visualize.

Throughout our sessions, Tanya and I delved into the various stages of my professional life. We evaluated four different career options, and Tanya's ability to keep us focused on these potential paths while also considering the context of my past and present choices was brilliant. She encouraged me to explore my character strengths in a way that I hadn't done before, helping me see my career options through a different lens. She encouraged me to look at what I value and enjoy most about work, which ultimately led to a deeper understanding of myself and my aspirations.

Tanya's guidance and insights during these sessions has provided me with the tools I needed to see the bigger picture and to make a considered decision about my next career step. I would wholeheartedly recommend Tanya as a professional coach to anyone seeking to make meaningful and informed career decisions while staying true to their own values and aspirations."

L. CHAUHAN, ENTREPRENEUR | APRIL 2023 | 3X 1-HOUR SESSIONS

"Provided a sense of freedom and enabled me to break the continual negative loop that I found myself in whilst going through the final stages of refurbishing my home where I was unable to manage my business, children or mindset. Enabled me to believe there were alternative possibilities other than the rhetoric I was feeding my mind. I was resistant to it. Wonderful person all around with lovely energy and a pleasure to work with. Thank you!"

S. EMMANUEL, MAGIC CIRCLE SOLICITOR | DEC 2023 | 4X 1-HOUR SESSIONS

"I can honestly say that I found the coaching life changing. You've opened my mind to a world of possibilities that I hadn't allowed before. And I've now started looking into a design interest that has been in the back of my head for some time but nothing I'd considered seriously before. With my renewed way of thinking and applying the job crafting tools, I actually noticed when speaking to more friends in different industries that they thought it would be something I'd be good at! I guess watch this space, even if it turns out to be a hobby then it still makes me happy. I'm keen to start using all the tools you've given me and I can already tell they are making a difference in my mindset. So thank you so much."

R. FRANKLIN | LEAVING BIG FOUR CORPORATE FINANCE TO START OWN BUSINESS | NOVEMBER 2023 | 4X 1-HOUR SESSIONS

"Working with Tanya was a really positive experience and I looked forward to our weekly sessions together. Her open and personable approach, in addition to the insightful and theoretical-based guidance she provided helped me to gain a new perspective on some of the self-imposed beliefs and barriers that had built in my mind over time. Tanya was able to provide insights on a variety of topics and was very skilled at tailoring her guidance to my unique circumstances. I would highly suggest Tanya's services to anyone who is looking to prioritise and explore their personal development in order to achieve positive change and meaningful progress."