



Reference for Linda Googh

Royal & Sun Alliance Insurance
Company of Canada

Head Office
10 Wellington St. E.
Toronto, Ontario M5E 1L5

Tel 416 366 7511
Fax 416 367 9869

www.rsagroup.ca

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I am currently a client of Linda Googh receiving coaching services to enhance my impact and presence as a trainer/facilitator for formal leadership programs in my company. I have been working with Linda since May 2011 and since then, I have experienced a significant change in how I facilitate in my workshops. Linda has many great qualities as a coach and I would like to highlight the ones that have made a difference for me in our coaching:

- **Candid and supportive coaching style** – Linda has a warm and approachable style. She is candid about behavioral tendencies and blind spots and with her supportive nature, she explores limitations and suggests relevant solutions/tips/homework
- **Real-time practice and coaching** – In each session, I practice a particular development area several times and after each practice, Linda has me notice the difference between practices and provides coaching on what I can do differently to make it more effective
- **Strong active listening skills** – she can get to the core development issues by probing with good questions, summarizes well and shares her observations/insights afterwards
- **Encourage and support provided** during and in between sessions – especially when trying new and uncomfortable things, Linda is there to guide, build confidence and encourage change
- **Extensive experience in various industries** – very knowledgeable and resourceful and Linda uses her experience in providing examples, stories, and pertinent recommendations
- **Creative yet practical tips and tricks** – In each session so far, I have come away with something new that I have added to my toolkit to improve my overall effectiveness
- **Experience in scriptwriting and markings** – Linda taught me how to mark my script and how to use it as an essential tool to increase my vocal range in my presentations

- **Flexibility** – Linda usually has an outline for each session and has been flexible if I want to focus on something else instead. And if we go over the allotted time, she has been flexible and not charged extra.

As you can read from the list above, Linda has many natural and effective characteristics as a Coach coupled with her extensive experience, makes her an exceptional Coach, and in my view, sets her apart from the rest.

If you have any questions, please feel free to contact me at 905-503-1109 to discuss further.

Sincerely,

A handwritten signature in cursive script that reads "Shelly Cyr". The signature is written in black ink and is positioned below the word "Sincerely,".

Shelly Cyr
Learning Partner
Royal & SunAlliance