

## Graham Kean

"I love to work with people who are hungry for personal development, people who are struggling with self confidence and esteem, people who have lost direction, or are in crisis. This can be in any area of life. Coaching is a partnership, as your coach I will journey with you, but you will do the work, it will be thought provoking, creative, challenging, inspiring and safe. Coaching is a process that will maximise your personal and / or professional potential."



### Approach:

As a trained Psychosynthesis practitioner and transformational Master Coach Graham combines over 15 years of workshop & training delivery in the personal development field with intuitive and depth coaching practice. Graham is a paradigm specialist, he works with clients to shift their limiting beliefs and interrupt the maintaining vicious cycles that often halt personal development and results in life. With a caring and focused approach Graham supports clients to reconnect to their personal aspirations for a meaningful life and work.

### Experience:

Graham has trained coaches and mentors all over the UK, in Europe and in America. He has designed and delivered training programmes with groups and teams as well as coaching clients at every level of public & private sectors. He is a certified Master Coach (MMC) with the International Association of Coaching (IAC) and he also incorporates Psychometric Profiling into his coaching practice.

### Coaching for Recovery:

As part of his work in the public sector Graham has worked with adults old and young to maintain the path to recovery after prolonged drug and alcohol abuse. When coaching addicts, Graham is able to identify the variable interaction of the Biopsychosocial model (BPS) recognising biological, psychological and social factors that are at play in the clients' journey to recovery. His work has involved supporting clients through not only chemical addiction (drugs & alcohol), but also process addiction (gambling, shopping, sex & eating disorders). Graham has an in-depth understanding of 'cross addiction' which is often an issue with many addicts, therefore enabling him to support the clients who replace one drug with another.

Graham was trained in, and explored, the 12 Steps Process as part of his training in Psychosynthesis (which is a Psychospiritual Humanistic tradition) this enhances his work in the area of recovery. It entails working with clients to reconnect to their Higher Self, regain self control, tell the truth about their life and look to maintain support by connecting with the group process outside of the coaching. Graham is aware that in the recovery process it is vital to support the client in accessing other areas of therapy that will impact other underlying issues such as grief, trauma, poor boundaries, creating healthy relationships, low self-esteem, etc. This may include directing the client to other methods like; Cognitive Behavioural Therapy (CBT) or Eye Movement Desensitisation & Reprocessing (EMDR) for trauma.

**E-mail:** lifemastery@grahamkean.co.uk

**Mobile:** +60 (0)14 3850558

Graham is also trained in Thought Field Therapy (TFT) and this proves very useful when working with fear, anxiety, stress and phobic responses often associated with recovery.

One of the key projects Graham was responsible for was working with the carers of drug and alcohol abusers. He designed and delivered a 6 month personal development programme to support mothers and wives living with addicts. Much of his work in recovery entails supporting clients to avoid relapse, stay connected to community support and work on life goals that are not related to addiction, e.g. relationships, education, work & health. Graham's coaching is action and responsibility focused with an emphasis on improving life in the present and working on future goals.

### **Industry experience:**

Graham's main focus in recent years has been working in the public sector. He was an Operations Manager and senior trainer for a major national UK charity. He was responsible for the design, development, client management & delivery of the 'New Deal' Coaching for Employment programmes for Knowsley Borough Council, Liverpool City Council and the 'Deal Me In' employment programme for City of Edinburgh Council. He has delivered trainings for social services & councils across the UK, universities, many schools in all parts of the UK, the NHS, Foyer Federation, as well as coaching leaders in the corporate world.

### **Qualifications:**

MA in Applied Psychosynthesis Psychology

Master Masteries Coach Professional Designation with the International Association of Coaching

Certified Thought Field Therapist

Practitioner qualification in Lumina Spark & Lumina Leader / 360 Psychometric Profiling, Training & Coaching

**Location:** Malaysia/Asia

**Language spoken:** English

**Websites:** [www.grahamkean.co.uk](http://www.grahamkean.co.uk)  
[www.lifemastery.training](http://www.lifemastery.training)