

## MEMBER PROFILE

Sue started Sorted Coaching in 2004 after successfully completing a formal accredited qualification in coaching. After a 20 year career in software development and project management she was ready for a change and a new challenge. Sue brings a logical yet creative approach to problem solving and the awareness that there is always a solution, but that it might not be the one you were expecting.

Sorted Coaching primarily works with Business Owners, Directors, Independent Professionals and Managers, offering one-to-one coaching and workshops covering topics such as time management, communication skills, assertiveness, goal setting and delegation skills.

Sue recently won The Flagship Award from Coaching and Mentoring International for her work in establishing and running the Bristol Coaching Exchange.



Name:	Sue Turner
Job Title:	Executive Coach
Company:	Sorted Coaching Ltd
Email:	sue@sortedcoaching.co.uk
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### Hobbies/Interests:

Gardening, Amateur Dramatics (mostly backstage doing admin, props and costumes), going to the Theatre especially to see dance or musicals.

### Favourite food?

Mediterranean, anything that reminds me of sun and sand.

### Last film you watched?

Brokeback Mountain.

### How do you achieve a work/life balance?

Running my own business makes that easier (honest!) because I can choose my own working hours. I can choose to work long hours and I can choose to give myself permission to take time off, and I do both. Being a trained Coach helps, I coach myself and use the huge range of coaching tools at my disposal. I also have regular coaching sessions with my own coach.

### Who or What is your biggest influence.

The biggest influence in my life over the last few years has been training to be a coach.

### What words are most commonly used to describe you?

determined, caring, imaginative, practical, resourceful, approachable

### What motivates you?

Being part of other people's success and watching other people 'get it' whatever 'it' is!

### Finish this sentence:

I enjoy doing business in the South Wales area because... it's where I live! Monmouthshire has been my home for over 20 years and my children were born and raised here. It is important to me to be part of a community, working as well as living in South Wales helps me to meet that need.

### What are your final words of encouragement for other business leaders?

Stay focused, believe in yourself and your product, use and trust your intuition, find work that you love and finally have fun.

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