

REVIEW REVIEW

Individual coaching process 'Building a systematic method for creative work':
Sirkkaliisa Heimonen (Finland)

This coaching process was related to working life, aimed at supporting a client's professional development and helping him to produce and finalise a new method and product. The coaching process in its entirety aimed at supporting the client's resources and strengths.

The goal of this process was to support the client to build a new kind of systematic approach for artistic work and to study its meaning and effectiveness. The client's core question was whether lengthy, systematic and clearly structured process could improve productivity. The client had set a 180 days' time frame for his work and the SF coaching supported his path with seven meetings. Sirkkaliisa's client says:

"Meetings supported the procedure and felt like a voyage of discovery. They strengthened the experience that my own process was something very unique and I was good at what I was doing. Meeting by meeting the curiosity about coming actions and future grew."

Sirkkaliisa Heimonen works as a Sector Manager at the Age Institute. She has a PhD in Psychology. She has special expertise in geropsychology and has worked in this field for over 20 years. Sirkkaliisa's current interest is mental well-being of old people and ways to support it. Sirkkaliisa has learned SF Coaching in the Palmenia Center of the University of Helsinki. She has used the SF approach and coaching in training for professionals and organisations as well as a frame of developmental projects.

Reviewers **Riitta Salminen** and **Mari Juote** were impressed by Sirkkaliisa's ability to keep the process smooth, her way with many creative working methods when working

with goals and future perfect, how she used metaphors to help create new insights and steps forward and as a coach maintained the not-knowing-position along the journey, building and strengthening trust in the client's own expertise.

Read more about Sirkkaliisa's review at <http://sfio.org/sirkkaliisa-heimonen>