Su.

I currently live in Cornwall, am a coach, a writer and a mother to three inspiring sons.

A love of people took me into nursing, community work, arts in health, inclusion programmes and management within the charity sector. Studying at Henley Management College introduced me to coaching and its immense value.

My work in Public Health with its focus on health rather than illness was inspiring, especially the work as a Health Promotion Cancer Specialist.

It was a valuable addition to my experience of working with people with cancer as a Marie Curie nurse for over twelve years and with the Sue Ryder charity.

Do get in touch. I’d love to talk to you.

Su Ormerod
Email: su@shiftingsandscoaching.com
Call: 07784 288744
Web: www.shiftingsandscoaching.com

Timings, location, use of phone or Skype and number of sessions will aim to suit you and your move into what is possible.

Photo: John Stedman

SHefting Sands Coaching

‘A bird does not sing because it has an answer. It sings because it has a song’ Maya Angelou

Beyond cancer – health, wellbeing & living
Cancer can be all consuming and leave little space which isn’t touched by it, especially if you are the person diagnosed or closest to them. Life is forever changed.

Shifting Sands Coaching is a space beyond cancer. It is about living, that dynamic that constantly undoes what we are stood on.

It is about things becoming different or making things different.

'I was able to see a glimmer of the ME I would love to be bringing more to the fore at this point in my life, and, the energy it gave me for the rest of the day was enormous!' Janey. Cancer coaching coachee 2017.

Coaching

Beyond cancer Coaching is a conversation with you at its centre. Its focus, what is important to you. Together, we create an open space where what is possible can be seen and ways to realise it discovered.

It is about creating the right conditions for your potential to unfold to move into that possibility. To realise real value for yourself and others in your life.

Beyond cancer is a place. It can be lived in for a moment, a day, a week, a month, a year or years. It is where you are.

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Shifting Sands Coaching

For those touched by cancer

- One to one coaching
- Group workshops
- Creative collaboration

Private: individual, carer, family, partner, friend, colleague

Do get in touch via phone or email. It would be good to talk.

Organisations: companies of all shapes and sizes, charities

Please get in touch to see how Beyond cancer coaching can positively support your employees and your bottom line. I am ready to listen, talk through what you feel you need and work with you to create an approach that works for your organisation.