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Dear Colleague,

When I was asked to write this bio. I pondered what I could write, considering I have little in the way of formal qualifications. I thought about my life experience, my background and my passions, and concluded that they have shaped me in such a way that I believe I can be a sensitive, caring, empathetic coach.

So what can I bring to your coaching experience to make it a positive one? I can bring:

- My belief that you have the answer within you, and that, through coaching, you can find your own solutions to the challenges in your work or home life, and create a healthy balance between the two.
- My enthusiasm to learn new skills and techniques that I can share with you as part of our coaching toolkit.
- My desire, through using appropriate coaching tools, to help you clarify your thoughts, identify your values and strengths, and my support, while you apply these to clearly define and achieve your goals.
- My passionate interest in the mind/body connection and how the way you think affects your health, wellbeing and capacity to cope with stress.
- My holistic approach taken from my experience with a variety of relaxation techniques and my firm belief that positive emotions such as hope, optimism, appreciation and gratitude can empower people to be the best they can be in all areas of their life.

I would also like to share a few of my life experiences that may, as a worker in the neighbourhood sector, sound familiar to you. I was born in another country; my family emigrated to Australia when I was ten years old. I lived in a small country town for many years; I married and had two girls, and volunteered at their school doing the usual "mum things". My husband, youngest daughter and I moved to a third world country where we were part of a minority group, and found out how hard it is to learn a new language and adjust to cultural differences. Our eldest daughter (14 years old) stayed in Australia to attend school; this was a difficult time as a mum separated from her child, and I couldn't fully appreciate the positive aspects of my overseas experience until we returned to Australia. The next challenge was moving to Melbourne and adjusting to living in the "big smoke", and again being separated from my eldest daughter as she left home to go 300kms away to Uni.

I started my journey with neighbourhood houses in 1994 when I joined a craft class; I was encouraged to become a volunteer then a tutor; I studied office admin and worked as assistant to the co-ordinator for three and a half years. My husband was transferred interstate where I worked in the private sector for two years which I absolutely hated and couldn't wait to get back to Melbourne and the neighbourhood house sector. I have been at the Endeavour Hills Neighbourhood Centre for a little over seven years – two as assistant co-ordinator and the last five as co-ordinator. I am also now a gran to two beautiful children aged four and seven who are an absolute joy to me.

So you can see I have had many life experiences, from joyous to challenging, which I believe puts me in a good position to be a supportive, non-judgemental coach for co-ordinators in this sector. As your coach I will do my utmost to help you develop your potential and achieve your goals in whichever area of your work/life you choose.

Kind regards,

Bev