



Impact Report

Take a look at what Level Up has achieved in 2022 so far.



The difference we made

402

People have engaged and registered for the coaching experience

864

Sessions of coaching have been completed across all programmes

9.2/10

How likely would you recommend coaching to a colleague?

Level Up sessions at a glance

3

Avg Programme Length in Months

60

Avg Session Length in Minutes

37

Current active coaching relationships

The young leaders we reach

52%

Of coachees identify as female

44%

Identify as male

1%

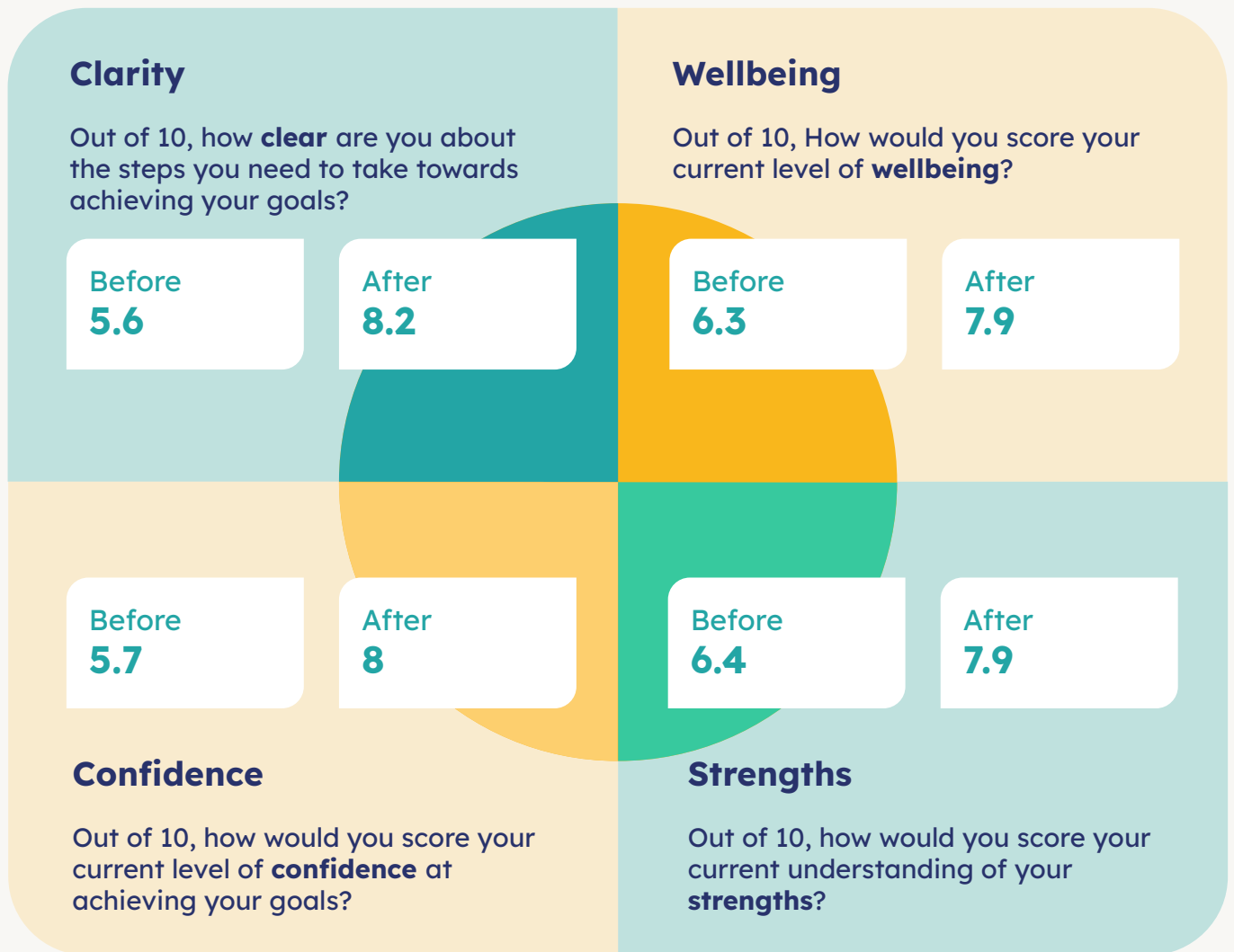
Identify as Agender

3%

Not specified



Development themes and the impact of coaching



What coachees have said

How has coaching supported you in achieving a greater sense of clarity and direction?

"The coaching has allowed me to have a space to think objectively. My coach was not directly related to my everyday activities, therefore didn't know me like others, and having that independent person to talk to really helped."

"Coaching has enabled me to communicate my own objectives for the future and has helped improve my ability to organise relevant information. The coaching has also supported me in expanding my levels of thinking beyond the basic levels, especially in relation to research."

What outcome can you directly associate with your coaching?

“Better work-life balance by allocating more time for myself and asking for reasonable breaks from managers, as well as improving interpersonal relationships.”

“I really appreciate how my coach summarised my sharing precisely and guided me towards creating an action plan for each session and beyond the sessions.”

“I feel more confident in my own abilities and am much more open to asking for the things I want from my life. ”

“I wanted to gain more confidence and I feel that has been achieved - confidence in my own ability and confidence in difficult conversations.”



“I tackled my perfectionistic tendencies from a new perspective, which also helped me to reduce my procrastinating. I am less scared to start my academic assignments and am more able to recognise what I have learned through completing my assignment (related to both academics and personal growth).”

70+ new coaches in the Level Up community from all over the world





Be a part of our journey

Learn more about Level Up and
register at
www.levelupwithkym.com



Level Up
with  Know You More