

A chance encounter

26th May 2026

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We all hear it I'm sure. I've also heard it said for a while that the pace of life has increased. But sometimes it takes a concrete statistic about a daily activity to bring this reality home.

For me it has been a chance encounter with a piece of research, on a topic I would not usually be reading about: urban spaces and how we move through them...



Using video material taken of pedestrian activity in four cities 30 years apart, the findings showed:

- an increase in walking speed
- a decrease in time spent lingering
- fewer group and social encounters

At the time of the study, for instance, observed walking speeds had increased by 15% and 'lingering' - that sense of having time to be in a place - reduced by half.

What about this gets me thinking about coaching?

- ***It's a reminder that none of us live in isolation*** from wider pushes and pulls. For those of us feeling that time is squeezed, this might have more to do with the times we are living in than any sense of personal 'inefficiencies' with time. Being able to unpick with the support of a coach, including any response to the times we are living in, can be an invaluable resource
- ***Having time to just 'be' may well be in short supply*** compared to previous generations. Coaching from experience offers space to be, and to linger with a topic that may well be pressing. It can also help us find ways to bring more balance between 'doing' and 'being'
- ***Coaching has relationship and conversation at heart.*** Whilst there are shifts in how interactions take place compared to thirty or more years ago, as human beings, we continue to seek connection. Being able to share our dreams and goals unrushed and with someone focussed just on us is perhaps needed more than ever.