



.COACHES

Chris Welford



Pre-coaching background

HR manager, management consultant, company director

An ideal client would be

An intelligent, spiky, challenging senior leader who is struggling under the weight of what s/he has to do and who is paying little attention to self-care!

What I don't like doing

Being a substitute for good performance management or going through the motions with someone who has simply been sent

Style

Informal but focused; enquiring and compassionate but definitely challenging

Location

North West England, but works internationally

Relevant qualifications

- BSc., MA, AFBPsS, MCIPD, MBACP, PPABP
- NLP Practitioner
- Mental Health First Aider
- Practicing Psychotherapist (TA/Integrative) BACP Reg.

Industry sector experience

Banking, FinTech, Engineering, Outsourcing, Public Sector, Law and Professional Services

What makes me different?

Being a practising psychotherapist and blending in business psychology and organisational awareness; working with hidden emotional blockers and getting to root causes. Co-author of Staying Sane in Business and Mind Body Balance in Business

Languages

English

Jackie Sykes



Pre-coaching background

HR and management consultancy, business psychology, psychometric research and test publication, company director

An ideal client would be

Individuals who are passionate about personal development e.g. raising their self-awareness, enhancing their wellbeing and achieving their full potential

What I don't like doing

Working with people who have been sent for coaching and don't value it!

Style

I take a positive, active listening approach that supports the individual's self-discovery through insightful questions, genuine interest, challenging reflections, and targeted skills practice

Location

South East England, but works internationally

Relevant qualifications

- BSc., MSc., C.Psychol., AFBPsS, CSci, FCIPD
- HCPC Registered
- NLP Practitioner
- Mental Health First Aider
- Psychotherapist
- Qualified in a wide range of psychometric tools

Industry sector experience

Outsourcing, Public Sector, IT, Professional Services, Financial Services, Third Sector and Media

What makes me different?

I'm a pragmatist; a driven and positive person who turns ideas into action. It's my belief that we are all capable of so much more: individually and collectively. My goal is to help to enable my clients to be the best possible versions of themselves they can be. I am co-author of *Staying Sane in Business* and *Mind Body Balance in Business*

Languages

English

Rosemary Sandham



Pre-coaching background

Chief Executive, Consultant

An ideal client would be

Those wanting to develop a highly effective, influential & impactful leadership style

Managing transitions – moving into larger roles

What I don't like doing

Working with someone who won't engage with coaching

Style

Working in an integrative, non directive way that is supportive and also challenging. Encouraging creativity & reflection. Interested in neuroscience and interpersonal neurobiology and the importance of an integrated mind for high performance.

Location

London and the south, nationally and internationally

Relevant qualifications

- BSc, MA, BA (Hons) AC, MBACP
- Accredited Executive Coach- Institute of Leadership & Management (ILM Level 7) Career Coaching - Management Futures
- Accredited Action Learning Facilitator-ILM
- Qualified Practitioner for Firo Instruments - Human Elements
- NLP Practitioner
- Mindfulness teacher, (MBSR, MBCT), Mindful Self Compassion teacher- Mindfulness for Work, TME, Chartered Management Institute Recognised. Practicing psychotherapist

Industry sector experience

Corporate sector, inc, Law, Financial, Banking, Tech, Energy, Engineering, Media, Museums, Medical. NHS, Public sector, Charities, Local Authorities, Housing, Retail.

What makes me different?

Possessing the 4 core executive coaching competencies; extensive business experience, high level coaching skills, organisation knowledge & an understanding of the psychological perspective. Psychotherapy experience enables work across the psychological spectrum which combined with transformational coaching can lead to profound lasting change.

I also bring mindfulness to coaching which can provide powerful tools for enhancing focus, resilience and presence.

Coaching can help

Executive coaching is designed to produce positive change within a limited time frame.

Coaching provides a space which creates time to think and explore ideas.

The coach can motivate the motivator. Improving the performance of the most influential people in the organisation means you create a positive influence on the rest of the staff.

You can also effectively manage complexity and change

Coaching is not a soft option, people are challenged to develop themselves, relinquish limiting beliefs and encouraged to achieve success.

Languages

English

James Beevers



Pre-coaching background

Occupational Psychologist in

- Banking
- Niche Consultancy
- Executive Search
- High Growth psychometrics / consultancy firm

Years of coaching experience

20

An ideal client would be

Open to development, prepared to experiment and willing to think about their thinking

What I don't like doing

Being invited to persuade somebody that they are not perfect

Style

Informal, fun and forgiving but focused. Helping the client make progress while acknowledging perfection may be an unrealistic aspiration

Location

London, but works internationally

Relevant qualifications

MSc Occupational Psychology

BSc Psychology

BPS Chartered

HCPC registered

Trained in:

Acceptance & Commitment Therapy

Cognitive Behavioral Therapy

Accredited trainer: Hogan Assessment Systems

Industry sector experience

Currently

- Sports (Football & F1)
- Government
- Property Services
- Charity

Historically

- Financial Services (Banking, insurance)
- Engineering / Engineering Consultancy
- Government
- Property
- Retail
- Professional Services
- Gaming / Betting

What makes me different?

My experiences of building and leading teams through challenging times and holding P&L responsibility means I can understand situations leaders face as well as apply the models and methods of my professions.

I am informal and effective at building trusting relationships. Some people call this being “Northern”!

Languages

English

Kyle Davies



Pre-coaching background

Management consultant and chartered occupational psychologist, company director

An ideal client would be

A senior leader who is struggling not only with consistently performing at their best, but also with effectively maximising their wellbeing for performance. A leader who is committed to going a little deeper to understand how they can tap into their latent potentials in all areas of work and life

What I don't like doing

Working with clients who lack commitment, motivation and an open mind to new possibilities

Style

Challenging and empowering

Location

South Wales, but I work internationally both in person and online via Skype and Zoom

Relevant qualifications

- BSc, MPhil, C.Psychol., AFBPsS
- Diploma and Advanced Diploma in Ericksonian hypno-psychotherapy; CBT Practitioner Certification; NLP Practitioner and Master Practitioner certifications

Industry sector experience

Media, Law, Finance, Professional Services, Public Sector

What makes me different?

I am the creator of Energy-Flow Coaching™, which provides a framework and process for optimising wellbeing, creativity, motivation, and clarity of mind.

Having spent time both as an executive coach in management consulting, and as a practising therapist, I bring an ability to tap into potential by addressing not only behavioural and cognitive factors, but also the deeper psycho-spiritual issues that often underpin work and life challenges. I am the author of 'The Intelligent Body'

Languages

English

Dr Lizzy Bernthal



Pre-coaching background

Registered nurse and midwife including mentor, senior lecturer and researcher in resilience, wellbeing, ethics, team building and cultural change; 25 years as Nursing Officer in the British Army

An ideal client would be

An individual who feels that they are self-sabotaging their limitless potential and success and/ or feeling vulnerable and overwhelmed, particularly if a senior leader

What I don't like doing

Coaching an individual who does not wish to be coached

Style

Supportive, partnering, relaxed, focused; compassionate and challenging

Location

West Midlands – can work all over UK and internationally

Relevant qualifications

- BSc., PhD, PFHEA
- ICF Certified Coach
- NLP practitioner
- Certified Master Practitioner Coach in Attitude Change Technology
- Reiki Practitioner

Industry sector experience

Construction, Retail, Hospitality, 3rd Sector, Armed Forces in UK, Pakistan, India, Jordan

What makes me different?

I have a blend of skills and experience gathered from having supported individuals in UK and abroad in a variety of contexts and cultures in the most austere environments during 25 years of military experience. My wide research, teaching, leadership coaching, mentoring and editorial portfolio enables me to blend psychology and organisational awareness; working with hidden emotional blockers and getting to root causes while supporting clients with a variety of needs. I have also published widely and am an international motivational public speaker

Languages

English

Lynn Dowding



Pre-coaching background

Strategic HR:

(Talent Development, Employee Relations, Performance & Engagement)

Learning & Organisational Development: (Leadership & Talent Development, Mentoring and Coaching Programmes)

Wellbeing Therapist

(Reflexology, Emotional Freedom Technique, Massage)

Dance Teacher

Years of coaching experience

19 (30 years' HR/OD experience)

Level

Silver

An ideal client would be

An individual who has any of the following requirements:

- wants to increase their personal awareness.
- feels stuck at work and unsure about their next steps.
- seeks personal development or career growth.
- wants to understand his/her strengths.
- seeks help with improving their personal wellbeing.
- is struggling with burnout or overwhelm.

What I don't like doing

Clients who have been forced to attend coaching.

Style

Berkshire – works globally

Location

London and the south, nationally and internationally

Relevant qualifications

- Fellow of the CIPD
- MA in Managing Change and Organisational Learning
- Professional Coach (Member of International Coaching Federation)
- Gallup Certified Strengths Coach & StrengthScope Practitioner
- NLP Master Practitioner
- Massage Therapist/ EFT Practitioner and Reflexologist

Industry sector experience

Technology, Engineering, Outsourcing, Public Sector, Sales & Marketing, Utilities, Voluntary Sector

What makes me different?

Putting people at the heart of my work; bringing pragmatism and intuition in an organisational context to create personal engagement. Focusing others on what they do well and bringing alternative perspectives to help them find their best way forward.

Languages

English

Shefali Sharma



Pre-coaching background

Clinical services facilitator, business psychology consultant and company director

An ideal client would be

Someone hungry to learn about and develop him/herself; somebody who is vulnerable, e.g. who feels they are being bullied/have been accused of bullying; a person who has lost his or her confidence, perhaps struggling with work life balance issues or suffering from stress

What I don't like doing

Working with people who use coaching as a tick-box exercise, who don't engage with the coaching process

Style

Warm and patient, I build rapport quickly and I'm observant and incisive to get to the core of the issue and very keen to empower people to find their own solutions

Location

East Anglia and London

Relevant qualifications

- BSc., MSc., AFBPsS., C.Psychol.
- Certificate in Business and Executive coaching
- Diploma in Body Psychotherapy

Industry sector experience

Accountancy, Business & Finance, Banking, Utilities, Healthcare, Construction, Environment, Academia, Retail

What makes me different?

A background in business psychology, coaching and body Psychotherapy enables me to integrate body and mind by detecting a person's defence system early on, adapting my style accordingly to raise awareness, in order to achieve sustainable change

Languages

English

Ian Matheson



Pre-coaching background

HR manager/director, COO, company director, management consultant, charity trustee

An ideal client would be

Someone who is bright and self-aware who is struggling with unfamiliar/challenging situations or trying to find their way through competing/overwhelming responsibilities

What I don't like doing

Coaching someone who doesn't want to be coached, is unwilling to be completely open about themselves or expects me to provide the answers

Style

I adapt my style to fit with my coachee while always having a curious and open mind and being prepared to challenge and hold them accountable as necessary. I'm empathic and supportive while not being a soft touch

Location

London but work across the UK and internationally

Relevant qualifications

- BSc., C.Psychol., AFBPsS
- Member International Coach Federation (ICF)

Industry sector experience

Financial Services, FMCG, Accounting and Services, Outsourcing, Industrials, Public Sector, Government Agencies

What makes me different?

Having held executive business leadership positions, I understand the demands on the people I coach and the context they operate in. This background means I bring a business perspective and understanding to my psychology and coaching skills. I build a deep understanding of people, frequently to their surprise

Languages

English

Natalia Zalesinska



Pre-coaching background

HR business partner, HR consultant, currently also heads up the Academy of Executive Coaching (AoEC) Poland

An ideal client would be

An inspirational, passionate leader who wants to turn drive into thrive and open to unlocking every facet of their potential to creatively embrace both opportunities and challenges to achieve new, extraordinary results and make a positive impact

What I don't like doing

Working with clients who are not open to self- development

Style

Holistic, informal, empathetic and challenging

Location

UK and Poland

Relevant qualifications

- MA in Occupational Psychology
- MA in Human Resource Management
- NLP Master Practitioner
- Generative Coach
- Shadow Coach
- Advanced Diploma in Executive Coaching (accredited by EMCC, AC, ICF)

Industry sector experience

Banking, Financial Services, Entrepreneurs

What makes me different?

I blend the latest, cutting edge coaching methodologies, with scientific research and common wisdom.

I work holistically with all elements of intelligence – verbal and visual, individual and collective, somatic and mind – in order to master self-awareness, harness potential, foster new creative results and solutions and achieve lasting and deep transformational change

Languages

English, Polish

Susan Townsend



Pre-coaching background

Operational manager, project management consultant

An ideal client would be

A progressive leader who is interested in exploring different perspectives and continuous development of 'self' and others in the organisation

What I don't like doing

Being an alternative for good performance management

Style

Encouraging, energetic and empowering focus on individual development and action

Location

North West England

Relevant qualifications

- NLP Practitioner
- Mindfulness-Based Stress Reduction MBSR
- Executive & Personal Coaching Diploma
- Advanced Holistic Hypnotherapy (D.A.H.Hyp)
- Certification in Person Centred Counselling

Industry sector experience

Private – Healthcare and Professional Services. Public - Manufacturing, Education and Charity sectors

What makes me different?

By placing resilience and holistic wellbeing at the core of my coaching; creates a safe, non-judgemental and supportive environment for individuals to discover, grow and flourish

Languages

English

Gwyn Rogers



Pre-coaching background

Company Director, Business Psychologist, Business founder and owner, Group HR Director, Management consultant

Years of coaching experience

25 years

An ideal client would be

An established or up-and-coming leader who wants to develop their capability, grow their reputation or build their self-belief. Someone who is looking to understand and leverage their potential to succeed

What I don't like doing

Working with someone who is not committed to the task. Simply going through the motions or being asked to 'fix' someone who is underperforming but who hasn't had that honest conversation with their line manager

Style

Focused, commercial and straightforward; amicably challenging blended with an informal and unpretentious approach

Location

Works all over the UK and internationally. A significant time spent in London/ the South East. Home is near Bristol

Relevant qualifications

- MSc Applied Psychology
- BSc (Tech) Occupational Psychology
- Associate Fellow of the British Psychological Society
- NLP Practitioner
- Wide range of psychometric licences and qualifications

Industry sector experience

Retail, global manufacturing, FMCG, multi-utility, retail, casual dining, banking and financial services, utilities, airlines, media, communications, leisure, engineering, transport and third sector

What makes me different?

A reputation for strong commerciality and an appreciation of how to support people's development within specific industries and business contexts

Languages

English

Anna Rowan



Pre-coaching background

Aer Lingus cabin crew member and instructor, childcare worker for children in care, leadership and management development

An ideal client would be

A person who wants to challenge themselves and wants to fully engage with and trust in the coaching process

What I don't like doing

Working with people who attend coaching to tick the box or appease their manager

Style

My coaching style is flexible based on the requirement of the coachee and the level of challenge appropriate. I listen intently with eyes, ears and heart and play back what I hear and sense. I offer this back to the coachee as data that generally opens doors to deeper and real issues

Location

I am based in Dublin and work internationally

Relevant qualifications

- Dip in Executive Coaching: Smurfit Business School UCD
- Team Coaching: Ashridge College
- MSc Occupational Psychology: University of Leicester
- BSc Psychology: Open University
- Psychometric Profiling: Levels A and B
- Advanced Dip in Exec Coaching: Smurfit Business School UCD (currently)

Industry sector experience

Finance, Aircraft Leasing, Pharmaceutical, Education, Retail, and Management Consultants

What makes me different?

I uphold unconditional positive regard while challenging the coachee. I use a strong person-centred approach. I am direct with a caring nature. Whatever data I hold about the coachee (and deem to be useful to the coachee) I share with them. I use many creative approaches when and where appropriate

Languages

English

Jan Houben



Pre-coaching background

IT services, education, public administration, healthcare, management of an IT and organisational consultancy firm

An ideal client would be

Intelligent and upcoming senior leaders seeking to find new ways of dealing with their tasks, improving their relationships, exploring their values and enhancing their self-care

What I don't like doing

Instructional coaching at a basic level

Style

Direct and sometimes challenging, but always supportive and open-minded

Location

The Netherlands

Relevant qualifications

- MSc (Pedagogy)
- Bachelor (Public Administration)
- Nyenrode University, Management of Professional Organisations
- Erasmus University of Rotterdam, Brain in the Boardroom
- Ashridge Hult, Executive Team Coaching
- Nyenrode University, Program for Surveillance (two tier boards)

Industry sector experience

Healthcare Professional Services (e.g. IT and Information Services), Public Administration, and Education

What makes me different?

Being a social scientist by background I am curious about what people say versus what they actually do. I try to help them find a good balance between values and selfcare in respect to their tasks and relationships. I am expert in board dynamics, especially in healthcare and public services

Languages

Dutch, English

Johanna Grosgurin



Pre-coaching background

International marketing, leadership training, assessment and management development consultant

An ideal client would be

Managers in transition to new roles, female leaders in a male environment, managers with a technical/scientific background who need to enhance their people skills, managers who have been so busy fulfilling their duties that they have never focused on their own development

What I don't like doing

Coaching someone who does not want to engage in coaching, who comes to tick a box, or because someone else thinks they should get coaching

Style

Personable, pragmatic, professional, confronting but supportive

Location

France, on the border of Switzerland, working internationally

Relevant qualifications

- MSc International Business (Finland)
- Master Practitioner of Voice Dialogue (3-year coaching specialisation) (France)
- Team Coaching (UK)
- ICF PCC accredited
- Certified in many psychometric tools

Industry sector experience

Manufacturing, Banking, European Organisations, Hightech, Pharmaceutical, FMCG, Professional Services

What makes me different?

I am a European Coach and can relate to the challenges of an international career. I also have a particular affinity with technical leaders discovering their leadership and relational skills. I meet my clients where they are in their development, adjusting my approach to their needs and helping them to bring out their best

Languages

French, English, Finnish

Wilfried Claus



Pre-coaching background

International strategic management consultant and senior executive

An ideal client would be

Members of a management or supervisory board in business or public organisations who are looking to explore personal development opportunities

What I don't like doing

Writing long reports

Style

Inspiring and insightful with deep listening skills, I enjoy sparring with people on personal and business issues

Location

The Netherlands and Belgium

Relevant qualifications

- Catholic University Leuven, Masters in Psychology
- Columbia University, Executive MBA
- Instead, Challenge of Leadership
- Ashridge, Team coaching

Industry sector experience

ICT, High Tech, and High-Performance Material

What makes me different?

Having spent half of my career as a consultant for a broad range of organisations, and the other half of my career as a senior executive in international business, I have knowledge and experience in different sectors, including government. This has provided me with deep insights about the way business works

Languages

Dutch, English, German

Gary McEwan



Pre-coaching background

Senior leadership roles in Financial Services for 3 FTSE 100 organisations. Over 20 years' experience of leading remote based teams & supply chains. Acted as a media representative and conducted live interviews on BBC and Sky News.

An ideal client would be

An open minded leader struggling to make an impact or to tap into their potential but has the desire and drive to take some risks, overcome their fears and become the best that they can be.

What I don't like doing

Working with people who are not prepared to be honest or challenge themselves about what they are really thinking or feeling.

Style

Informal, friendly and non-judgemental. I am also attentive, a good listener and compassionate.

I am naturally inquisitive and with a highly practical, solution focussed approach. I share theories, concepts and models at times to support this goal but recognise they are simply a means to an end.

I will challenge at times but only in the best interests of the client and to help unblock barriers that are holding them back.

Location

Virtual Sessions: Globally Face to Face: South East England & Home Counties.

Relevant qualifications

- EIA Coaching Practitioner, EMCC
- Diploma in Transformational Coaching
- The Five Behaviours of a Cohesive Team Accredited Trainer
- RBS Strategic Leadership Programme, Henley Management College
- RBS Manager Leader Programme, Cranfield University

Industry sector experience

Financial Services, Law, Engineering, Outsourcing, Public Sector, Policing, Remote Leadership, Supply Chain Management

What makes me different?

Having spent 20 years leading teams and gaining valuable experience in the corporate world, I am pragmatic, practical and outcome focussed. The reason for doing what I do, is to make a difference to people, in particular overcoming our negative or limiting beliefs in order to excel and better enjoy what we do at work.

Languages

English

Helen Weston



Pre-coaching background

Chartered occupational psychologist, researcher, children's counsellor and adult psychotherapist, individual and team development.

An ideal client would be

Anyone who is keen to think honestly and deeply about their strengths and weaknesses, who is open to change and committed to the coaching process.

What I don't like doing

Being seen as the person with all the answers - in reality people have amazing resources and solutions within themselves. I work collaboratively with people to discover what they are and how to tap into them.

Style

Warmth and informality balanced with a sense of purpose and ambition for what can be achieved.

Location

North West England but works internationally and via online platforms

Relevant qualifications

- BA (Cantab), MSc., C.Psychol., AFBPsS
- HCPC Registered
- Psychotherapist (adults and children)
- Qualified in a wide range of psychometric tools

Industry sector experience

IT, Banking, Law, Retail, Government, Education & Third sector

What makes me different?

I bring a blend of coaching and counselling experience, enabling me to provide challenge or support, depending on what is most needed by that individual at any given time. I work holistically and am interested in all aspects of a person's life, believing that wellbeing, resilience and high performance at work are underpinned by wellbeing and fulfilment in people's wider lives. I quickly attune to my clients through listening empathetically to the challenges they face and then enabling them to move forwards in self-discovery and development. I am a founder member of the Special Interest Group in Coaching Psychology within the British Psychological Society.

Languages

English

Neal Edwards



Pre-coaching background

Investment Director, Non-Exec Board Member, Banking, Factory Management, Engineering.

An ideal client would be

Someone who is struggling to meet their potential and is feeling frustrated because of it; someone curious about how they might get more out of themselves and those around them without adding more stress to anyone's life.

What I don't like doing

Working with people who are not curious about their own development.

Style

Relationship orientated. I am challenging yet supportive as I encourage clients to bring awareness to their thoughts and behaviours.

Location

North West England/North Wales and Internationally both online and in-person.

Relevant qualifications

- MEng (UMIST & ENSIC), MBA (Manchester Business School)
- Diploma TA Counselling, Diploma Integrative Psychotherapy
- Practicing Psychotherapist, UKATA Registered

Industry sector experience

Banking, M&A, Manufacturing, Chemical Industry, Engineering, Sales, Medical, Energy, Agriculture.

What makes me different?

With over 20 years business experience at board & senior management level across several different sectors, I understand the external pressures of modern management. I have gained additional understanding of the personal and internal challenges we face through being a psychotherapist and I am able to explore limiting beliefs and self-sabotaging behaviours to help people find a peaceful balance in their lives and in their interactions with others.

Languages

English

Amanda Larcombe



Pre-coaching background

Royal Naval Officer (UK, NATO); Media, Marketing & Business Development (RN, Professional Services, Counselling/ Psychotherapy Training); HR & OD (Recruitment, Training, Organisational Change); Board of Trustees (Academy Trust)

An ideal client would be

One who is ready and willing: someone who is curious, wanting to realise more and up for a challenge!

What I don't like doing

I can honestly say there is nothing I don't like doing when it comes to coaching. Each client I meet, the uniqueness both of themselves and the context in which they work, is rich with learning and insight: for both of us

Style

I am a Relational Executive Coach / Coach Supervisor who works systemically: working with the whole of you and the world in which you exist

Location

South West England (Dartmoor), but works internationally

Relevant qualifications

- Association of Professional Coaching & Supervision (APECS)
- Accredited Supervisor of Executive Coaches
- APECS Accredited Executive Coach
- British Association of Counselling & Psychotherapy (BACP)
- Accredited Counsellor/Psychotherapist – (Integrative – Humanistic / Gestalt / Transactional Analysis / Cognitive Behavioural)
- MA in Professional Studies (Counselling & Psychotherapy)
- Certificate in Supervision Counselling/Psychotherapy)
- Certificate in cognitive Behavioural Therapy

Industry sector experience

Personal leadership/ people development experience across public, private and third sectors: armed forces (Royal Navy), business ownership, recruitment (manufacturing), marketing (professional services/ public sector/ manufacturing), training / strategic business development (mental health / counselling)

Practitioner experience to date includes Oil & Gas, IT, Manufacturing, Engineering, Education (Higher & Primary), Construction, Independent Health Sector, National Health Service, Professional Services (Legal / Financial), Eco-Energy, National & Regional Charities, Bio-Sciences, and Care Industry

What makes me different?

I believe that to serve my clients to the best of my ability that I need to challenge and push myself. As such, in addition to my business experience, I offer insight and learning gained through physical and sporting challenge. From a base of competitive rowing, off-shore sailing, sub-aqua diving, windsurfing and hockey, I have more recently completed endurance events (off-road running, cycling, swimming, kayaking) which culminated in the successful summiting of Kilimanjaro in February 2020

Languages

English

SIMONE INGRAM



Pre-coaching background

HR Director and Board Trustee

An ideal client would be

A senior leader or high potential individual who wishes to work through challenges they are facing or key decisions they are contemplating, who is also dealing with their limiting beliefs or wishing to raise their self-awareness so that they can achieve their full potential

What I don't like doing

Working with someone who is not engaged with the coaching and does not value the sessions

Style

Warm, empathetic but challenging, with a genuine passion and commitment to really making sure my coaching adds value and makes a difference to the individual

Location

London, but works internationally

Relevant qualifications

- BA Economics
- Grad Dip Business Admin
- ILM7 – Executive Coaching
- EMCC – EIA & Team Coaching
- Qualified in a range of psychometric tools

Industry sector experience

Professional & financial services, health & care, manufacturing, events, technology, NHS, retail, charity, travel

What makes me different?

My extensive corporate experience enables me to understand the challenges faced by leaders within the 'system' with which they operate in. When working with leaders, I employ a range of diagnostic psychometric tools, to understand both the symptoms and the root cause, supporting them to embed the learning and sustain the change. I help people navigate through the pitfalls of leadership, self-doubt, or uncertainty to recognise their full potential and impact so they that can lead with greater confidence, resilience, empathy, and compassion

Languages

English

Tessa McEwan



Pre-coaching background

Qualified as a corporate tax consultant with professional services firm KPMG and worked with financial sector clients

An ideal client would be

Someone who wants to manage their thoughts and emotions more effectively, and who is open to exploring scientifically researched techniques to be more focused, resilient and adaptable

What I don't like doing

Spending lots of time discussing theoretical approaches without trying them in practice

Style

Warm, collaborative, relatable and down to earth

Location

Berkshire, but works globally

Relevant qualifications

- Mindfulness Teacher Training
- British Association of Mindfulness Based Approaches (BAMBA) registered teacher
- Hogan Development Survey personality profile
- Saville Wave personality profile

Industry sector experience

Extensive experience in the Financial, Legal, Professional Services, Outsourcing, IT, Engineering and Public Sectors

What makes me different?

I believe that there are some simple mental fitness techniques that everyone can learn to manage their emotions and thoughts more effectively, it is just a case of finding the right way in for each individual. I'm passionate about applying recent findings from neuroscience on how the mind works to help people change and grow

Languages

English

Simon Morris



Pre-coaching background

Sales and marketing, finance, company director, non-executive chairman

Years of coaching experience

Over 20

An ideal client would be

Someone who is willing to be open and honest with their present position and feelings. A person who is clear where they want to go, while being willing to accept help and support as to how to get there.

What I don't like doing

Individuals who don't open their minds to the opportunities or want to blame others.

Style

I like to listen; I am gentle, humble, good humoured, modest and want to empower my clients.

Location

South East England, but works internationally

Relevant qualifications

NLP Master Practitioner

Industry sector experience

Food and Drink, Optics, Veterinary, Pharmaceuticals, Mail Order, Hospitality, Pet, DIY

What makes me different?

I blend over 30 years of business experience with Neuro Linguistic Programming and coaching skills.

Languages

English

Julia Shorter



Pre-coaching background

Ballet teacher, finance director, talent management and leadership, business psychology consultant

An ideal client would be

Someone who is willing to self-reflect, perhaps with assistance, and to explore how that personal insight may be used constructively

What I don't like doing

Working with someone whose mind is rigid and closed

Style

Empathetic, considered, gently challenging, professional

Location

London and South East England

Relevant qualifications

- BSc. MSc. C. Psychol.
- HCPC registered
- Qualified in numerous psychometric tools

Industry sector experience

IT, health, finance, utilities, legal, manufacturing, central and local government, not-for-profit

What makes me different?

My eclectic work experience has given me a broad perspective and the ability to adapt to a variety of individuals, needs and challenges

Languages

English

Abbie Hunkin



Pre-coaching background

I worked in local government and the third sector before completing a Master's degree in Occupational Psychology and moving in to the world of consulting. I became a Business Psychologist and worked in leadership development and assessment with clients in Australia, the United Arab Emirates and the UK.

An ideal client would be

Someone who is open-minded and engaged with the coaching process.

What I don't like doing

The converse; working with someone closed-minded and disengaged! Having said that, in my experience, this has only been a temporary state due to preconceptions about what coaching really is. Once these are aired, I find we tend to move forwards quickly.

Style

I like to take a strengths-based, solution-focused approach to my coaching. However, I may look to uncover unhelpful cognitive patterns and emotional obstacles, as led by the client. I am trained in a range of coaching methods and can flex my approach to suit the changing needs of the client, always with compassion and sensitivity. There is also room for humour in my work at times; some lightness can help ensure that the challenges faced do not feel overwhelming when explored together. My coaching has been described as a 'positive and empowering experience'.

Location

Virtual Sessions: Globally. Face to Face: South West England.

Relevant qualifications

- Chartered Coaching Psychologist – British Psychological Society
- EMCC Senior Practitioner
- MSc Organisational Psychology
- BA Hons Psychology
- Various coaching courses including Transactional Analysis, Neuropsychology in Coaching, Coaching Emotional Intelligence, Coaching Neurodivergent Clients, ACT, Solution-Focused Cognitive-Behavioural Coaching, Coaching for Performance, Coaching Stress and Anxiety.

Industry sector experience

Financial services, NHS, engineering, national and local government, UK Civil Service, education, start-ups and SMEs, fintech, third Sector, professional and consulting Services.

What makes me different?

My training as a psychologist ensures I look to stay up to date with research and take an evidence-informed approach, drawing on my knowledge of neuropsychology, human development, social and positive psychology to ensure holistic, client-centred coaching. Having said that, this knowledge is held lightly, with the understanding that the client is the expert in their situation. I like to walk alongside clients, helping to 'switch on lights' as we go, enabling them to have a clear view of their situation and take effective decisions.

Languages

English