



"Adele is a truly engaging, motivating and inspiring Coach. By virtue of her careful guidance, I found myself empowered to not only realise the solution, but more importantly act on it"

How Coaching Can Make a Difference

I'm a firm believer that when we can tap into the core reason as to why we do what we do and where our beliefs, positive or otherwise may come from, success becomes more clear and achievable.

My coaching philosophy is person centric, supporting people with the insight, tools, safe space and strategies to help self-reflection, thus creating more options and then finding a truly authentic path forward. I use a powerful combination of in-depth operational corporate experience, and coaching expertise to gain trust, credibility and to ultimately create change. This results in fully engaged and present individuals and more highly performing teams.

Recent Assignments

- Coaching CEO of Mobile Telecommunications Organisation to support the transition to a new operating model and culture.
- Coaching MD of an events organisation to empower and build trust with his team and fully transition from doing to leading.
- Coaching Senior HR Leaders in Learning & Development Organisation on career transition following organisational change.
- Coaching high potential mid manager level culturally diverse women on how to progress in their careers and build a strong network of support.

Coaching Specialisms

- Transition Coaching & Change Management
- Leading & Supporting Teams through Change
- Navigating Change with Resilience
- Support through career or role transition
- Supporting high potential Managers to authentically develop their Leadership potential
- Managing the transition from "Doing" to "Leading"
- Coaching diverse populations on developing Personal Branding
- Developing skills for more meaningful conversations enhancing influence, impact and conflict management

Business Experience

- My corporate career spans over 20 years in Senior Leadership roles. I was formerly a Senior Director of Supply Chain & Procurement at a Global Financial Services Organisation.
- I specialised in leading and transforming teams, building leaders for the future and implementing cultural change programmes. I also successfully delivered coaching across a spectrum of coaching needs including Leadership & Growth, Performance issues, Crisis management, Change management and Team coaching. I partnered with L&D to influence the Executive Board on the ROI benefits of creating a coaching culture.

Qualifications and Accreditation

- Association for Coaching Accredited Certificate in Coaching Training
- Association for NLP Accredited NLP Practitioner
- ABC Accredited Level 3 Counselling skills (Diploma)
- Member of Association for Coaching