



"I found Carol's coaching invaluable. It helped me focus on my strengths and what I wanted to do in driving the business forward. Above all it gave me time to think. Coaching is an art, not everyone can do it, let alone do it well and for me Carol was a great artist!"

Coaching Specialisms

- Developing authentic leadership style for both men and women
- Transition coaching
- Increasing awareness of cross cultural issues producing a culturally-sensitive approach to growth strategies
- Team coaching for senior executive teams
- Measuring board effectiveness and governance
- Mentoring
- Coaching Supervisor 1-1 & Groups
- Author Coaching & Supervision

How Coaching Can Make a Difference

My coaching style is holistic, values-based, action coaching and emphasises the whole person. My purpose is to help people to move forward, achieve their goals but be congruent with their values.

My approach is based on positive psychology and is solution focused. My coaching challenges and encourages the adoption of new and novel viewpoints, but is practical and also looks at aspects of commitment, planning, and action.

I specialise in helping leaders to have a positive impact on their organisations.

Business Experience

- My business experience is at board level in both exec and non exec roles in a range of industries including Financial Services, Retail, Government, Education and Housing.
- I designed a management development programme tailored to the exhibition industry with Aston Business School, and worked with the CBI to review European employment legislation concerning agency staff.
- I was the Vice Chair of Minster Housing and am an Associate Lecturer for the Business School and a Coach/Supervisor for the MA Coaching and Mentoring Practice at Oxford Brookes University.

Recent Assignments

- Coaching members to the Corporate Tax Leadership Team of Global Accountancy firm, issues around managing cross cultural team members remotely and embracing change and Partner development.
- Coaching newly appointed Senior Leadership Team of a Local Authority Trading Company embarking on a period of significant growth and transformation; need to embed social values in a commercial approach; help to build a culture that creates empowerment and the opportunity to collaborate across functions.
- Career coaching in a cross-cultural setting raising awareness on what it means to work with different cultural influences.

Qualifications and Accreditation

- MBA from Oxford Brookes University
- Post-graduate Certificate in Supervision for Coaching and Mentoring
- Master Practitioner NLP
- Chartered Fellow of CIPD
- Qualified in psychometrics to levels A & B
- Individual coaching accreditation from Brookes University International Centre for Coaching and Leadership Development
- Member EMCC, AC & AOCS
- Neuroscience for Coaches AoEC
- Mindfulness-Based Cognitive Therapy Oxford University
- Associate teaching certificate