



"Preeta provided both the catalyst and the bridge to bring understanding, appreciation and awareness to blind spots relating to my behaviour and how I approach people and situations. I wholeheartedly recommend Preeta as your coach."

Coaching Specialisms

- Leadership coaching for development of a more authentic and effective approach.
- Developing self-awareness to build clarity and confidence in who you are, elevating influence & impact & improving relationships with team, peers and stakeholders.
- Wellbeing, developing healthy working lives, managing stress.
- Building resilience and adaptability individually and in teams to get the best out of work and life.
- Transition coaching where someone is scaling up to a wider remit, facing new challenges, developing and/or managing a new stakeholder network.

How Coaching Can Make a Difference

I love helping people to accelerate performance, while finding a real sense of ease and fulfilment both professionally and personally.

I wholeheartedly believe that coaching creates a safe and trusted space that enables individuals and teams to raise deep awareness of their situation and its particular challenges and achieve significant outcomes for themselves and their organisations.

I bring a natural energy and enthusiasm to each client and my approach is to work below the surface of what is presented to facilitate the kind of real change in mindset and behaviour that accelerates performance and help people thrive.

Business Experience

- As well as coaching expertise, I draw upon my board-level operational and leadership experience, including P&L responsibility within a multi-million technology PLC.
- Coupled with first-hand practical experience of developing high-performing teams, innovating and leading change in growth, M&A, transformation and funded start-up environments. I have breadth of experience in global corporates, SME's and the not-for-profit sector. Together with cultural experience of different geographic regions.
- I am also an entrepreneur who established and sold a successful retail business start-up.

Recent Assignments

- Coaching Head of Programme Management in Professional Services to develop stronger people focused leadership abilities to successfully achieve a merger of three entities.
- Coaching Chief Commercial Officer in Financial Services institution to develop personal resilience and adaptability, to step-up to the challenge of managing business as usual while leading business transformation.
- Coaching a CEO of a Not-for-profit to develop and implement an effective strategy to seamlessly transition leadership to a new appointee.
- Coaching a newly appointed Director in Global Retail to let go and facilitate results through people.

Qualifications and Accreditation

- Accredited Executive Coach. Ashridge Hult Executive Education.
- Practitioner Diploma in Exec. Coaching (Acad. of Executive Coaching)
- The Psychological Dimensions in Executive Coaching (Acad. of Exec. Coaching)
- Certified Hogan personality assessment
- Wiley: Everything DiSC & The Five Behaviours of a Cohesive Team
- Gestalt Introduction - Theory and Practice
- Nancy Kline - Thinking Environment Foundation Level
- Coaching the Childhood Story (Dialogix)
- Mindfulness (MBSR)