



"Following Preeta's intervention the team are now on the right track to bring about the changes we seek and to sustain momentum to make it happen. Top Marks – Preeta was excellent – engaging, professional, human. She built a level trust and openness within the team which I'd not thought possible."

Specialist Skills

- Developing high performing teams (and identifying what stops them performing)
- Effective change management
- Developing rewarding interpersonal relationships within teams, and individually with peers and stakeholders
- Organisational and individual resilience and well-being
- Team and group coaching and facilitation to identify, vision, purpose, strategy and action plans
- Getting to the heart of leadership team issues & facilitating more meaningful and effective team dialogue
- Developing and embedding a coaching culture and mindset

My Take on Leadership

I believe that leadership is important because a leaders' role is to lead a group of people to achieve a purpose.

I find leaders often don't fully appreciate the extent to which 'who they are' affects virtually every aspect of their work and organisation.

The practical skills that are aligned with tasks and action that are often focused on are of course very important to be a good leader.

Though, what fascinates me and is my leadership specialism, is to enable leaders to develop the people-focused aspects of leadership, underpinned by self-awareness. This approach creates well-rounded leadership, as significant results occur when people work together seamlessly to make things happen.

Business Experience

- My commercial career covers 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

- Designed and facilitated team experiences as part of a global programme, working with senior leaders to develop high performance characteristics within their leadership teams.
- Designed and facilitated a team programme to inquire into and explore the business challenges and interpersonal breakdowns, in the Organisational Development Department of a Tier One University. The programme improved how the department performed and enabled meaningful conversations to develop.
- Designed and facilitated an intervention to strengthen team dynamics, open up meaningful dialogue and explore combined team purpose. Coupled with mapping current and future focus for a finance leadership team.

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 – Group Facilitation
- Nancy Kline - Thinking Environment Foundation Level
- Coaching the Childhood Story (Dialogix)
- Mindfulness (MBSR)