



"Rachel is very perceptive and was able to tune into the professional and political environment in which I work"

How Coaching Can Make a Difference

I believe coaching makes a difference to people at work in three ways – as a leader/manager, as a peer/team member, and as an individual. Coaching builds awareness of style, impact and skill, and broadens your options for how you want to 'show up' at work, both as a peer and as a manager. In doing so, many people experience an internal, personal shift in awareness, confidence or focus.

My coaching style enables people to explore options, get feedback, be supported and challenged to have more impact with more confidence than they previously thought possible. It's about being curious, having fun in a serious way, and extending your self-awareness and sense of what is possible.

Recent Assignments

- Coaching Marketing & Communications Director of a UK sporting body to develop strategic influence, manage work/life balance and build a culture of innovation
- Coaching Vice President Newbuild of an international cruise/travel leisure company to develop Programme Director scope, strategic influence and personal brand
- Coaching Head of HR Operations, Health Care to strengthen strategic thinking, build a culture of collaboration and manage personal resilience
- Coaching high potential managers, Aerospace Industry from five countries on career management, strategic influence and leadership

Coaching Specialisms

- Leading complex change
- Coaching for career or role transition
- Developing strategic influence, and networking
- Working with creative and positive approaches to personal development
- Dealing with difficult relationships and situations
- Embedding a coaching culture
- Developing personal impact and gravitas
- Client management skills

Business Experience

- Fourteen years' people development experience as a line manager in the food manufacturing industry, the NHS and High Street Retailing
- Former Head of Management Development NHS and Woolworths/Kingfisher
- Fifteen years as a consultant and ten as external executive coach
- Coaching from middle management to Board level (Exec and Non-Exec)
- L&D internal functional experience of managing succession process, appraisal, leadership development, team development and Change leadership.

Qualifications and Accreditation

- MA, PGCE
- PG DIP Human Resource Development
- Diploma in Executive Coaching
- Diploma in Gestalt in Organisations (OD practice)
- Systemic Coaching in Organisations Programme – John Whittington 2013
- Member of the EMCC
- Certificate in Humanistic Counselling – North London Gestalt Centre
- Qualified User for Myers Briggs Type Indicator (Step 1 & 2), EQi, Firo-B, OPQ