



"Rob asked me a number of effective questions, really getting to key issues, and making me think in ways I hadn't done before."

How Coaching Can Make a Difference

I became a coach because as a Manager I could see the results and difference that a coaching approach would make with coachees. I'm really energised by working with people as they develop, perform and achieve what they want.

Corporately my coachees benefit by identifying the wider systemic and stakeholder implications of their goals and actions as they deliver the results they need. Personally, coachees benefit by becoming more assured in their roles, bolder in their decisions, more competent in using good leadership practice and determined to succeed in work and life beyond.

Recent Assignments

- Coaching a CEO to engage them to identify the organisation-wide effects of their behaviours and values alongside strategies they wish to implement.
- Coaching a Commercial Director focusing on increasing confidence to influence upwards.
- Designing and delivering a range of learning and development solutions specialising in the areas of leadership, people and performance management and interpersonal skills.

Coaching Specialisms

- Developing personal leadership and management skills
- Strengths based approaches to performance and leadership
- Individual and team based creativity and innovation
- Leading change to deliver the strategy
- Gaining buy in from stakeholders and employees
- Career Transition Coaching
- Strategic thinking

Business Experience

- I have coached in a number of sectors including Aerospace, Telecommunications, Software Development, Construction, Rail, Motor Research and Housing.
- I worked for Thales for over 12 years as a Learning & Leadership Development professional. I was the Director of Products and managed the Coaching and Consulting Practice.
- I have performed the role of Business Manager, leading a team of Consultants and managing the capability and capacity of the business.
- Previously I held senior manager roles in retailing.

Qualifications and Accreditation

- BA(Hons) Business Studies
- Diploma in Marketing – Chartered Institute of Marketing
- Diploma in Leadership Mentoring & Executive Coaching
- Insights Discovery® Personality Profiling System – Licensed Practitioner
- Myers-Briggs Type Indicator® Step 1 Practitioner
- Belbin® Team Roles Practitioner
- I have coaching supervision with the Coaching Supervision Group