



"I felt instantly at ease with Sharon and able to work with complete trust from the beginning of the first session. Sessions were positive, challenging, thought provoking and profound using a range of techniques. Sharon is insightful, professional and experienced - a talented coach"

Coaching Specialisms

- Transition coaching where someone is taking on a new role, facing new challenges and forming new (or re-establishing existing) relationships
- Leadership coaching to support someone shape their own leadership brand, vision and reputation
- Resilience coaching to develop personal and/or team resilience in order to face life's challenges
- Creative coaching; applying a creative thinking approach to knotty and complex problems or situations
- Stakeholder coaching; identifying and managing key stakeholders – including those who are particularly tricky!

How Coaching Can Make a Difference

I believe that coaching is a powerful approach that enables people to (quite literally) press the 'pause button', stand in a safe, confidential space and explore what is going on for them.

A positive coaching relationship is based on mutual trust, honesty and respect that enables quality thinking to take place.

I use an intuitive, pragmatic and honest approach to challenge and support my clients so that they are able to achieve goals that they didn't believe could be possible.

Business Experience

- I have over 30 years of business experience working within and alongside small, medium size and large organisations in the public, private and charity sectors.
- I use my strong business and commercial background to help clients expand their thinking and consider seeing things from a different perspective.
- My roles within organisations include People Development Director (private equity organisation) and Change Programme Director (large charity).
- I work on a 121 basis as well as coaching teams to be able to perform at their best more of the time.

Recent Assignments

- Coaching a CEO, who is leading the organisation through a turbulent time of change, to effectively navigate the situation for themselves and for those around them.
- Working with a senior leadership team to develop their own coaching skills to be able to release potential in their teams.
- Coaching a senior leader in a large organisation to explore and improve critical business relationships.
- Working with a regional leadership team to identify and develop their individual and collective brands and the impact that they have on others.

Qualifications and Accreditation

- NLP Master Practitioner
- MBTI practitioner : Step I and II
- Firo-B practitioner
- Post graduate Certificate in Coaching and Behavioural Change (Henley Business School)
- 'Good Boss' practitioner
- Systemic Coaching and Constellations; Essential and Fundamental levels
- A member of the International Coach Federation (ICF), British Psychological Society (BPS), Charter Institute of Personnel and Development (CIPD)
- Visiting lecturer at Bath Spa University