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'You can give a man a fish or the means to fish....'

As an Executive Coach my purpose is to radically improve the performance of senior managers and organizations. This includes:

- ◆ **Leadership** – Enabling individuals to become even more effective leaders by drawing upon 'best practice' models of Leadership, Emotional Intelligence and Change.
- ◆ **Developing Self & Social Awareness** – through the use of a range of Personality questionnaires and 360 Feedback so that the individual knows what is making him/her less effective
- ◆ **Enabling the individual to use 'leading edge' behavioural change** techniques and models to quickly & easily change their ingrained behaviour patterns in order to become more effective-providing them with the means to help them selves. Examples include: an ability to become more flexible in their style with others, develop higher energy levels when needed, deal with difficult situations and people, learn charisma patterns and how to become even more effective in motivating others.

COMMUNITY & SOCIAL RESPONSIBILITIES

As a specialist I have a strong belief in the need to 'give back to the community' and so have served as:

- ◆ Chair of the Board of Governors of School for Autistic Children
- ◆ Magistrate in the Thames Valley area
- ◆ Committee Member of a 'Speakers' Organization aiding individuals to become excellent speakers

BACKGROUND & QUALIFICATIONS

- ◆ Former Senior Manager in Pharma Industry
- ◆ MSc Occupational & Organisational Psychology
- ◆ Member of the British Psychological Society
- ◆ Founder member of the Coaching Psychology division
- ◆ Member of CIPD & IOD
- ◆ Master Practitioner and Certified Trainer of Neuro-Linguistic Programming
- ◆ Former lecturer on MBA Courses at Henley Management College and the University of Hertfordshire.

My past Executive Coaching clients include:

- ◆ Johnson & Johnson UK & Europe –Board Level Members
- ◆ Janssen-Cilag Ltd – Board & Senior managers
- ◆ Smith & Nephew- Board and Senior managers
- ◆ Network Rail – senior managers
- ◆ Her Majesty's Inspectorate of Prisons (HMIP) – Senior managers
- ◆ Network Rail – Senior managers
- ◆ Cordis (Brussels) – Senior managers
- ◆ Napier University Edinburgh – Corporate Management Team & Academics
- ◆ GAME plc – Senior managers and Board level members.