



## RICHARD LEWIS

Q-OPD International Ltd

PO Box 3810

Bracknell

Berks. RG12 7QQ

Tel: 01344 484634

E-mail: [rlewis@qopd.co.uk](mailto:rlewis@qopd.co.uk)

Web: [www.qopd.co.uk](http://www.qopd.co.uk)

My work as an Executive Coach is carefully structured and outcomes-led. I use evidence-based and highly pragmatic models and techniques that produce changes that are readily observable by others and that form the basis for ongoing generative change. I specialise in:

- ◆ Corporate Governance – developing the skills identified by the Institute of Directors (IoD) together with Bob Garratt and our own extensive experience of designing competency frameworks for boards
- ◆ Leadership skills – developing the skills identified by Kotter, Kouzes, Posner, Collins and Goleman with the emphasis on transformational leadership
- ◆ Team & Organisational development – using the research findings of Tuckman, Lacoursiere, Collins and cognitive-behavioural science
- ◆ Advanced Influencing & Presentation skills – using psycho-linguistics, cognitive-behavioural science and research findings on charisma.

My background includes 4 years in the NHS and then 20 years with the Healthcare and Pharmaceutical Industry where I have filled a range of roles including research, sales, marketing, training and management. I was latterly Director of Operations for the UK's first disease management company and also Strategic Development Director then Head of the Disease Management Division of Quintiles Trans-national Corporation. I am now a director of a full service Occupational Psychology & Personal Development consultancy specializing in Executive Coaching and training. I am a Member of the British Psychological Society (holding the BPS's Levels A and B certificates in psychometric testing), a Master Practitioner and Certified Trainer of Neuro-Linguistic Programming and a former lecturer on the MBA programme at Henley Management College.

My past coaching clients include:

- ◆ Network Rail – Board level members
- ◆ GlaxoSmithKline – Board level & Senior managers
- ◆ United Business Media (UBM) – Board level & Senior managers
- ◆ HSBC Bank – Senior managers
- ◆ Johnson & Johnson UK & Europe – Board level & Senior managers
- ◆ Wrigley's – Board level member
- ◆ Her Majesty's Inspectorate of Prisons (HMIP) – Senior managers
- ◆ GAME plc – Board level member.

- ◆ Sheffield Hospitals Trust – Medical Consultants and Managers