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With over thirty years' business experience working and living across the globe I enjoy partnering with individuals, teams, and organisations that are looking to make consistent and measurable performance improvements and business transformations.

I am fascinated by the power of disruption, transformation, and human potential, and hold a sincere believe that everyone has the desire and ability to shine brightly: When we bring our best selves, we create value and meaningful contributions, making a very real difference to the world around us.

I have a wide range of working experience and have spent time in both the Private and Public sectors; I have lived and worked across Asia, the Americas and Europe. Working initially in Sales and Marketing leadership positions, I then transitioned to Supply Chain, Logistics and Lean before finally leading an OD team responsible for Talent Management, Change Leadership, major transformation projects, and Learning and Development in both the Electronics and Transportation industries.

For the last twenty years my focus has been on helping others unlock their potential: by taking a values driven approach to build clarity, resilience and courage in all those with whom I work. After spending the last 14 years in Berlin, I moved to Co Galway in Ireland last year where I have the great pleasure of working with clients to design and deliver bespoke initiatives focused always on driving organisational, team, and individual performance.

As such Coaching is a critical part of my practice; and as well as partnering with ESMT, I work with SMEs in the Electronics, Distribution and Lighting industries, and with other larger organisations such as Unilever, Lloyds Register, Airbus, DHL, eBay., and Delivery Hero. Other than Career Coaching, my focus is working with senior executives on their strategic, business and operational challenges.

For the past 21 years I have volunteered for a charity that works with vulnerable street homeless women in the UK, I am a Trustee of a London Winter Night shelter, and also provide pro bono coaching for these and another UK charity.

My coaching practice is based firmly in the latest research and findings of brain science; I am an NLI certified Brain Based Coach, Accelerated Learning Facilitator, NLP Practitioner and Hay EQ Assessor and Coach. I am also certified to deliver Wilson Learning Behaviour Styles, Hogan Personality Assessments, Kaplan DeVries Leadership Versatility Index, the Rocket Model Team Assessment Survey, and the Human Synergetics Leadership Assessment suite. I am currently pursuing PCC certification with the International Coaching Federation.

My first language is English, I have B2 level in German, and basic French and Spanish.

My preference for coaching engagements pre Covid was always face to face, I am now embracing the world of Zoom and Teams.