

DUAL-QUALIFIED EXECUTIVE COACHES



WOMEN
OWNED

WHAT WE OFFER

Our executive coaches bring a unique depth of expertise. Each is a fully accredited senior practitioner coach and a qualified psychotherapist. This unique combination allows us to offer a deeper, more holistic approach to personal development; one that not only enhances effectiveness but also strengthens emotional resilience and overall wellbeing.

YOUR DUAL-QUALIFIED COACHES



Beth Delfino

Is a qualified psychotherapist



David Linford-Smith

Is both a coaching & psychotherapy supervisor psychologist



Susie Flashman-Jarvis

Is a qualified couples counsellor, trauma therapist & supervisor



Steve Neesam

Is both a coaching & psychotherapy supervisor

HOW WE WORK

Leverage Therapeutic Expertise: While we don't engage in psychotherapy, our coaches use their deep understanding of human psychology to enhance your development.

Address Complex Dynamics: We help you navigate intricate interpersonal situations and organisational challenges.

Holistic Approach: We focus on both professional growth and psychological aspects that influence your effectiveness.

Adaptive Strategies: We collaboratively develop flexible, evolving strategies to help you manage stress, make strategic decisions, and inspire your team.

WHY CHOOSE US

Unparalleled Insight: Our dual qualifications provide a unique perspective on executive and leadership challenges.

Proven Experience: We have extensive experience working in chaotic, complex, and high-pressure environments.

Comprehensive Support: We address both the professional and personal factors that impact your leadership.

Enhanced Decision-Making: We help you identify and overcome psychological barriers that may hinder your strategic thinking.

Improved Team Dynamics: Learn to better inspire and motivate your team for increased organisational success.

Stress Management: Develop effective strategies to manage pressure and prevent burnout.