

Caroline Sullivan, MA, MCIPD

My greatest enjoyment and satisfaction comes from witnessing coaching clients and training delegates have flashes of insight about their own work: how relating to sticker colleagues or clients can be that much smoother; how their days can be more **productive and enjoyable**; how they can give the best of themselves to their work.



Providing the structure, focus and encouragement to capture and apply these insights is a privilege.

I have learnt lessons from working in environments as diverse as professional services and retailing: managing projects delivering research systems across the world and advising senior managers on recruitment, restructures and how to best deal with the people management challenges that they face.

As a facilitator, I focus on the provision of training and coaching programmes that enhance **professional and interpersonal skills**. This includes:

- **increasing understanding and confidence** about how we come across to others
- assisting individuals to identify and appreciate their strengths in order to **enhance performance and resilience**
- increasing commitment and engagement in collective team working in order to deliver **higher value** to internal and external customers.

Summary CV

- 10 years' experience as a training facilitator and professional coach
- 5 years' experience as an HR and Learning and development manager for a leading book retailer
- 8 years' experience as a senior internal consultant and project manager for a 'Top 5' global law firm, working across Europe and Asia
- Chartered membership of the CIPD
- M.A., Human Resource Management
- B.A. (Hons) English, first class
- Accredited coach/facilitator for Strengthscope©: Individual and Team psychometrics; Recruitment, Resilience and Success.
- Brain Friendly Learning for effective training and coaching session design
- Language and behaviour (LAB) certified practitioner
- Archetypal Analysis for individual and team development
- Licensed 'Firework' Career Coach
- Continuous professional development as a coach including: Theoretical Foundations of Coaching; Intuitive Coaching; Certificate of Advanced Coaching Skills
- Myers Briggs Type Indicator psychometric practitioner