

# Rachel Ingham

## Executive Coach

I help leaders, teams and individuals to find the energy, skills and direction needed for a balanced life & successful career. I will listen, understand, challenge, guide and support you to meet your personal goals.

I have an MSc in Occupational Psychology, hold the Advanced Certificate in Executive Coaching and am an accredited practitioner with the European Mentoring and Coaching Council.



## COACHING TOPICS

- ✓ Leadership development
- ✓ Effective communication
- ✓ Managing overload
- ✓ Emotional intelligence
- ✓ Life/work balance
- ✓ Aligning values & boundaries
- ✓ Managing difficult colleagues

I am an experienced coach and work with a wide range of clients from young adults, business executives through to those preparing for retirement and a new chapter in their lives.

Combining my knowledge of psychology with coaching tools, I aim to create an uplifting environment in which we can together explore the goals and dilemmas you bring to coaching in order to create the change you require.

## Testimonials

I have spent some time with coaches in various roles. However, working with Rachel really opened up a new chapter, she is a great coach and listener. Spending time with her to focus on myself helped me in my leadership role and I experienced a great journey in re-establishing my own principles with her. Rachel supported me in changing some of my routines and sharpened my view on what I need.

**Florian Pauthner, Senior Vice President,  
Discovery+**

I had a very disappointing year at work. I missed on a promotion and I was devastated by how awful the interview process went for me. As a professional I watched myself fail miserably. Rachel was very patient and gently guided me through the difficult journey of why I was struggling in interviews.

In the next interview I secured a promotion beyond my original target. More importantly I came out of the experiences feeling confident and content.

**Anon, Project Manager**



# Testimonials

The coaching provided by Rachel has improved my ability to interact and communicate effectively with colleagues. This improved confidence is improving productivity and my mental health, this is highly beneficial. Having always been one of those people who question the need for coaching I find myself now recommending all staff have the opportunity.

**Anon, University Sector**

Rachel found the perfect balance between challenging me and giving me the space I needed to remove the noise that was clouding my mind. I now regularly revisit some of the conversations we had to ensure I continue to stay on track re. personal and professional goals.

**Nimesh Kataria, Vice President Finance, Eurosport**

Rachel helped me focus on why I want to get things done – instead of endlessly ruminating on what could possibly go wrong and whether there might a better way of doing things. She's also made me see more clearly in which situations some of my personality traits are strengths and when they might be more of a weakness. What's more, she's just a really nice person who genuinely cares about her clients!

**Anon, Athlete/coach**

Rachel is knowledgeable, skilled, totally committed to high impact improvement and full of energy. It has been a pleasure working with her."

**Rian Urding, CFO McLaren Automotives**

I'm super happy with the results. The coaching work was thought provoking and revealing. I learnt a lot which I apply and reflect on almost daily.

The team also loved working with you and looked forward to their sessions and I feel they only wanted to do more. It's been money very well spent.

**Ben Scott, Bootles**

I was put in touch with Rachel via my line manager for coaching. I was dubious at first but halfway through the sessions I realised that it was one of the best things I have done.

Rachel listened to my story and opened a few boxes that have been firmly shut for a number of years and slowly over the four sessions.

I regained control and put things into perspective. She advised me on techniques and tools that I have applied and I am now in a much better position than I was at the start Rachel is very supportive and I would recommend her coaching style to anyone, the sessions were friendly and Rachel puts you at ease. Thank you for your support, guidance and laughs along the way.


**Anon, Facilities Manager**

## CONTACT DETAILS

Plases feel free to contact me for a or any questions you may have or to book a session

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