




External Coaching Register - profiles

Please find a list of recommended external coaches. If you would like more information about them or advice on which to choose as a coach for you then please contact Danny Hannah **x5031** (Leadership and Management Development Manager) or Tracey Parr **x6173** (coaching and mentoring lead).

Each coach set their own fees which range from between £200-500 plus VAT and expenses per 2 hour session.

	<i>Coach overview</i>
	<p><i>Louise Wembridge:</i></p> <p>Louise is an Executive Coach, Trainer, Facilitator and OD/HR Consultant who is driven by her belief in the enormous potential of every individual. She brings both experience of the corporate world and a real understanding of the complexities of the human mind and behaviour to her work, with a clear focus on building personal excellence. She works with both individuals and teams within a range of sectors and also runs ILM accredited, graduate and postgraduate level coach skills training programmes.</p>
	<p><i>Cheryl Donnison,</i></p> <p>I develop senior individuals and top teams to address the gap between current performance and achievement of their true potential; increase the certainty of outcome; reduce their risk and flourish and thrive in this volatile, uncertain, complex and ambiguous world.</p>
	<p><i>Roger Fielding:</i></p> <p>Roger's performance coaching is informed by a simple belief: 'if you don't make a difference, you don't matter'. His performance coaching therefore contributes to an individual's awareness of the difference they might be able to make, and facilitates whatever might be required to change behaviours, attitudes and beliefs. He believes that each person can be naturally resourceful and creative, finding their own best choices and decisions through the process of coaching and then subsequently even transferring that learning to new and unfamiliar situations</p>



Louisa Hardman

Louisa Hardman is a respected consultant, facilitator and coach who enables clients to achieve sustainable learning and change. With extensive experience of delivering results across the private, public and not-for-profit sectors, Louisa's particular strength lies in supporting and challenging individuals, teams and organisations to fulfil their potential. Practical, insightful and creative, her work is grounded in contemporary psychological and organisational thinking and evidence-based practice.



Sally Bernham

Sally Bernham is a qualified and experienced executive coach who has worked extensively in the higher education sector where she coaches senior leaders and leadership teams in both academic and professional services roles in a wide range of universities. She has a clear understanding of the challenges and pressures of working in this complex dynamic environment. Sally's coaching style is based on the principles of positive psychology and understanding of the client's strengths. Her warmth and natural empathy enable Sally to develop focused, collaborative relationships based on flexing both support and challenge and designed to achieve sustainable outcomes. Sally develops a safe, reflective space in which clients can explore their aspirations and challenges, explore issues and develop new insights and perspectives, enhance self-awareness to develop confidence and resilience in their leadership roles.



Pete English

I've been coaching people for about 20 years, in a range of sectors. My recent clients have included several managers at SHU. People usually come to me for help in three main areas: Tackling Difficult People, Moving Into A New Role, and Preparing for a Job Change. I've written three books, each of which covers an aspect of one of these topics. In addition to my own coaching practice, I've been training coaches and mentors for about 15 years. I've also presented my research into mentoring at several conferences. I am a member of a supervision group which meets monthly.



Deborah Dalley

My coaching style is largely non-directive and I will work with the coachee to set goals, explore possible solutions and develop action plans. I will question and challenge where appropriate and provide developmental feedback throughout the coaching process. I have worked as a management and leadership trainer for the last 25 years and so will, when appropriate, offer coachees management theory and practice to support the coaching process.