

## Claire Whitehead

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Claire is a commercially astute marketer, well-respected people manager and a creative performance coach who is able to work across the generations: supporting emerging talent to become authentic and compelling managers and leaders; providing senior management with a robust thinking partner and customer perspective; developing communications, insight and planning capabilities; building high-performance cross-cultural teams; facilitating progressive organisations in becoming challenger brands.

Following a ten year corporate and consulting career, Claire trained as a coach to continue her own development and improve her leadership skills before deciding to pursue coaching full-time. She brings a unique blend of branding, communications and customer insight, Gen Y. and social media expertise together with a solid understanding of how business and people work.

Claire is known for her quick-mind, energy, heart and natural empathy. Her belief in the ability of individuals to achieve their full potential when empowered combined with an ability to put the intangible into words and to connect otherwise disparate information allows her to co-create profound authentic change. Her approach involves movement, metaphor and creative exercise, to raise awareness of barriers and resources.

### Representative Recent Assignments:

- Coaching the Head of Manufacturing through the phased closure of a series of European pharmaceutical plants & her own transition
- Coaching the leadership capability of a medium-stage founder-led UK finance start-up. Developing people & processes to enable set the business for a doubling of turnover
- Enabling high fliers to balance their professional ambitions and personal needs through major life changes – redundancy, divorce, health issues
- Helping entrepreneurs remain focused on and overcome what is holding them back

### Representative Clients:

I have worked in the following environments in one capacity or another: E-commerce, Retail, Media, Charity, High Tech, Pharma, Financial Services, FMCG

I have coached: a City lawyer, journalist, signed singer-songwriter, TV anchor, marketing & sales professionals, designers, a Finance Director, L&D VP, Foreign Exchange start-up founder & CEO

### Cultural / Multi-National Experience:

- Lived in the US, Germany and all over the UK
- Managed European and Global teams
- Conversational French & German

### Education and Training:

- MNatSci MA Cantab. - Physics, Entrepreneurship
- Certificate in (Co-Active) Coaching, Coaching Development, Philip Brew MCC
- Neuro-Linguistic Programming Practitioner
- Transactional Analysis, Colin Brett
- Clean Language, Angela Dunbar
- Fully media trained - radio, TV, print

### Professional Affiliations:

- Accredited Coach – International Coaching Federation (ICF)
- Associate Member – Association of Coaching, co-coaching, open learning
- Member - London Coaching Group

### Understanding of the fundamentals of:

- Professional development: strengths-based & situational leadership - time management - influencing skills - MBTI - career development - creativity & risk taking - presentation writing & delivery
- Therapeutic: Cognitive Behavioural Therapy (CBT) - art, music & drama therapies – assertiveness, anger & stress management
- Mind, Body, Spirit – meditation, visualisation mindfulness – yoga – Reiki – Channeling