

Coaching Profile

Natalie Sutton



Executive Summary

I bring more than 25 years of experience in corporate communications and management roles to my coaching sessions and workshops. Passionate about people, I love nothing better than helping both individuals and teams to shine. People are usually an organisation's most valuable asset, and transformation from that level can be very powerful.

My NLP background means that I'm quick to build rapport and put people at ease. I always try to ensure that people leave my sessions feeling that they have achieved something both personal and professional. I'm also keen that everyone present participates and gets emotionally attached to the shared outcomes.

I very much enjoy looking at problems from a different angle and facilitating the solution, whether that be through performance coaching, leadership and team development or workshops. My core values of loyalty, creativity and contribution are evident in the way I work with clients.

Feedback

"Feedback has been really positive and people enjoyed kicking off the day in different way!"

Matt Ashcroft, Corporate Banking, HSBC

Qualifications

- Menopause weight loss coach
- LEGO® SERIOUS PLAY® Accredited Facilitator
- Certified Brian Mayne Goal Mapping Practitioner
- Neuro Linguistic Programming, Master Practitioner (ITS)
- Empowering Learning Master Practitioner
- Akashic Records Practitioner
- Reiki Master
- Prince's Trust Mentor

Areas of Expertise

- Menopause
- LEGO SERIOUS PLAY facilitation
- Business coaching
- Teams
- Marketing & communication
- Business strategy & problem solving
- Goals, positive mind set

Recent Corporate Clients

AP Touring, Bracknell Forest Borough Council, Citi University London, Doyle Clayton (solicitors), HSBC, Hotcourses, JuicePlus, NHS Harrow, NHS Lambeth, One Aldwych, The Post Office, The Knightsbridge, Simwood (Telecom).

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