



Helen Mundy Profile

Personal Statement

My guiding principle for coaching comes from my desire to see everyone unlock and achieve their potential in their whole life. The difference I seek to make is to empower those I work with to step fully into their unique authenticity and hence operate at their highest possible performance.

My aim is to encourage transformation that builds on who my client is and what they want to become more or less of in pursuit of their goals.

I achieve this by...

- Uncovering and helping you focus on your outcomes..and what you do that helps and hinders you to get them
- Creating a wide safety net of support within which you can choose to go wherever you need, to enable the change you want
- Listening acutely to what you do say and what you don't say
- Giving you absolutely honest feedback
- Challenging you to increase awareness and create flexibility in your thinking
- Using and sharing tools/techniques to raise your awareness of yourself and others, in pursuit of your goals
- Reviewing and celebrating progress

The atmosphere this creates enables significant, sustainable shifts to occur in participants towards their desired outcomes.

Through this work I see business leaders and teams develop who model a sustainable, high performing and healthy relationship with their working lives.

Professional Credentials

- NLP Master Practitioner and Certified Trainer
- Foundation Certificate in Coaching Supervision - Bath Consultancy Group
- I am a full member of the Association for Coaching and the European Mentoring and Coaching Council
- I train coaches running a 'Coaching Mastery' course which is recognised by the Association for Coaching
- 12 years of management experience and training across multinational and medium sized commercial business environments

Areas of Expertise

One on one coaching

I work best with Leaders who are any or all of...

- Hungry to improve their understanding of self and perform at their best
- Dealing with complexity and pressure and impact on work and wider life
- Historically successful...now blocked
- Finding it hard to 'step into' the role and their personal 'power' within it
- Looking for win-win
- At an acute stress point/learning need

Team Coaching/facilitation

I relish working with Leadership teams to develop sustainable and high performing working relationships with one another and their stakeholders.

I work best with teams who are...

- Creating their future
- Needing to develop a robust approach to change management
- Wanting to work to win-win with all their stakeholders
- Changing their culture
- Developing their capacity and capability to work together

Leaders as coach training

I am passionate about training and developing both independent and organisational coaches and am accomplished at developing a coaching mindset and skillset for Business Leaders. I supervise new and experienced coaches to enable the ongoing development of their own 'inner coach'.

Client Profiles

Executives, aspiring Executives, managers and teams across:

- IT, Oil, Banking, Automotive, Nuclear, Legal and Architectural companies
- NHS Department of Health, Strategic Health Authority and Acute and Primary Care Foundation Trusts
- Central Government bodies, City and local Councils
- Academic organisations

Favourite Quote

'Be the change you wish to see in the world' - *Ghandi*