



Rachel brings a passionate and enthusiastic approach to coaching. With a background in facilitation, training and coaching Rachel builds rapport quickly and puts her clients at ease.

Rachel has worked in the creative and media sector. She understands the frustrations and issues faced by creatives and those who work with them, especially as their career's progress and become more successful.

Often people can become bogged down within the company structure. They get promoted and have management duties that they probably have not been trained in and therefore feel out of their depth. They have a huge workload and may feel overwhelmed by managerial responsibilities they would prefer to avoid, while others may really enjoy being in management and just want to develop. All managers have teams that they need to motivate and encourage to be productive and/or creative, when they may feel like they do not have the time to be creative or to think themselves This can lead to a frustration in their role and in their work -life balance. At worst it can lead to a sense of being out of control.

Through coaching Rachel can help people to: develop their business ideas, focus on their strategy and goals, work on their leadership and management style (so that they get the most out of their teams), deal with difficult or new working relationships and help them to find a work-life balance that satisfies their lifestyle and the organisation.

Being in the learning and development field for ten years, she is experienced in dealing with all sorts of people and all sorts of issues. Amongst other things, she has a Diploma in Leadership Mentoring and Executive Coaching, a MSC in Human Resource Development and is a Myers Briggs accredited practitioner.

Rachel's style is described as open, supportive, enabling but challenging.