

Curriculum Vitae.

Personal Profile

A skilled facilitator & coach who is:

- An independent and strategic thinker
- Driven by quality and client satisfaction
- Open to challenge
- Energetic and enthusiastic
- Motivated by achievement
- Passionate about learning
- Thrives in fast paced and dynamic environments

Contact

Tel: 020 76821772

Mob: 07815 640651

email: rachel@rachelgilmore.com

Date of Birth

27th February 1975

Interests

Travelling and photography.

Human behaviour and group dynamics.

Contemporary film and fiction.

Yoga, swimming, cycling.

Professional Qualifications

Graduate Member: Chartered Institute of Personnel & Development.

MBTI Step 2 Qualified Practitioner (2009)

Level 7 Diploma in Leadership Mentoring and Executive Coaching: Institute of Leadership and Management (2007)

MBTI Step 1 Qualified Practitioner (2005)

MSc Human Resource Consulting validated by the Chartered Institute of Personnel and Development South Bank University. (2003)

Distinction.

Specialising in: Organisational Consultancy, Organisation and Management Development. Student of the year 2002 - 2003

TDLB: NVQ in Training & Development at Level 4 - HRD Route (2002)

Chartered Institute of Personnel & Development: Certificate in Training Practice, distinction (2000)

TDLB: D32/D33 NVQ Assessor Award (2000)

Additional Qualifications

Making Creativity Happen: BBC.

Making the Difference: An Introduction to Group Relations Learning: OPUS.

Powerful Presentations Skills Course.

High Impact Communications.

British Red Cross First Aid Certificate.

English Speaking Board Award.

Full, clean UK driving Licence.

Hospitality and Training Foundation (1999)

Planning Training and Development.

Group Training Techniques.

'Craft' Trainer Award.

Education

BA (Hons) European Studies and Spanish

Grade: 2:2 (1997)

Liverpool John Moores University & Málaga University, Spain.

The Trinity School, Leamington Spa

3 A'levels (1993)

8 GCSE's (1991)

Languages

Spanish - fluent (both written and oral).

French and Italian - conversational skills.



Date	Organisation	Position	Responsibilities
Present	Rachel Gilmore Ltd	Coach and Facilitator	Coaching for leaders and senior managers. Team coaching and process consultation. Facilitated strategy and scenario analysis sessions. Pitching and presentation skills for real live events. Creative thinking sessions: idea generation and techniques.
April 2004 to April 2007	Channel 4 TV London	Senior Learning and Development Advisor	Executive coaching for senior managers and Heads of Department. Team coaching for those facing challenging relationships and dynamics. Supported and facilitated teams setting their business strategy and planning for the year ahead. Facilitated creative thinking techniques sessions to develop programme ideas and to teach the techniques. Consultancy support to all the Commissioning departments. Bespoke work and advisory role to key Independent Production Companies. Business planning advice to young, talented start up organisations. Delivered a range of tailored events depending on the client needs.
July 2003 to April 2004	Hemsley Fraser London	Learning and Development Specialist	Conducted familiarisation visits to identify and assess client needs Designed and developed innovative solutions to meet client objectives in a demanding and creative market. Delivered a broad portfolio of workshops to diverse individuals from small independents to large 'blue-chip' organisations. Implemented an interactive and participative facilitation style.
July 2002 to June 2003	Precursor London	Freelance Consultant (part time)	Business planning and strategy coaching. Supported team to deliver high impact presentations at a number of different film and creative festivals.
November 2001 to July 2003	Selfridges & Co. London	Senior Development Advisor	Operated in an internal consultant role. Delivered diverse interventions to meet business objectives. Designed, delivered & evaluated bespoke training solutions for management teams. Supported managers in the achievement of their Key Performance Indicators. Management development by coaching and mentoring. Set up an effective succession planning strategy. Involved in successful achievement of IIP status (2003). Outsourced specialised courses and negotiated budget.
May 2000 to November 2001	Selfridges & Co. London	Team Trainer	Evaluated training needs, design & delivered generic induction & tailor made programmes for managers and staff. Successfully launched NVQ Level 2 in Retail Operations and NVQ Level 3 in Customer Service.
November 1999 to May 2000	CCDU Training & Consultancy Leeds	Administrative Assistant	Researched & developed new course material. Planned tailor made training proposals. Developed new marketing strategy.