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## Helen Buckwell

### Executive Coach

Helen is an executive coach and leadership development specialist. She has a wealth of experience in professional services organisations and large corporates, most recently as the UK Head of Leadership and Skills Development in one of the 'Big 4' Accounting firms. With 20 years' experience in Learning and Coaching she brings valuable knowledge of psychological frameworks and theories, combined with in depth practical insight into corporate and professional lives – the dilemmas, challenges and opportunities such environments bring.

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#### Region

United Kingdom

#### Area of expertise

Working Parents

Developing Leaders

Women in the Workplace

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## Coaching Style

Helen enjoys working with individuals and teams who are focused on achieving their goals and building a fulfilling career – individuals who are keen to take time to reflect and have their thinking challenged. She works with clients to build a safe environment that provides time to step back from the day to day role and explore personal drivers, mindsets, behaviours and desired outputs. Her approach is informed by a variety of psychological theories and perspectives and she is adept at creating a supportive and non-judgemental environment where clients can be their true, authentic selves. During leadership development workshops she is focused on creating an energised environment that encourages sharing of experiences, challenge and bravery to try new things and learn new skills. The focus throughout is how to transfer key learnings back to the workplace to ensure the learning journey continues. Most of all, across all her work, she is passionate about ensuring her coaching and learning interventions lead to tangible change for her clients.

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## Special Interests

- Leadership development
- Coaching and communication skills
- Parental transitions
- Career Development
- Team dynamics and development

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## Training & Qualifications

- Coach Practitioner (EMCC)
- MA in Personnel and Development
- BA Behaviour in Organisations: Lancaster University
- Member: CIPD
- Member: Association for Coaching
- Certificate in Coaching: Henley Management School
- Accredited in: MBTI Step I & Step II, EQi 2.10, Hogan

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