



Helen Ilsley

Executive Coach

Helen has 15 years' experience working in investment banking as a Director of Emerging Markets Equity Sales. During this time, she co-founded a charity supporting health & education projects in Latin America. It was the charity's 10th anniversary in 2016, during which they achieved their £1/2 million fundraising target. Helen has also run her own business, managing a UK property asset portfolio for 5 years.

Region

United Kingdom

Area of expertise

Developing Leaders

Women in the Workplace

Working Parents

Coaching Style

Helen is an optimist by nature, and brings positive energy and encouragement to her coaching. Her engaging style helps quickly build rapport, putting clients at ease. She uses this connection to create an environment so possibilities emerge. Her focus is practical, with a keen sense of empathy. Helen has significant experience as a skilled communicator and helps individuals to stand back and question their assumptions.

Special Interests

Having worked in a very competitive environment, Helen enjoys coaching for performance, helping individuals who are looking to improve, and striving to be the best they can be.

Having had her two children whilst working as a stockbroker, Helen is on a mission to support other women through the parental transition. Her background in the front office means she has a deep insight into the environment, issues and pressures experienced by professional women. She encourages individuals to consider this phase of their lives in the context of their longer-term aspirations and fulfillment. Helen is described by her coachees as insightful, informed, balanced & engaging.

Training and Qualifications

Helen has successfully completed the Professional Coach Recognition Programme (PCRP). The PCRP is accredited by the Association for Coaching and is recognised by the Institute of Leadership and Management.

She is a member of the Association for Coaching, engages in regular coaching supervision, and is committed to continuing professional development. She has a BA (Hons) in Business Economics from Nottingham Trent University.

Current Clients

Deutsche Bank, Bank of America Merrill Lynch, Credit Suisse, Gowling WLG, Milbank, Mazars, Worldpay, Schroders, and Protiviti.

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