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## Miranda Rock

### Executive Coach

Working primarily with executive clients, both individuals and teams, Miranda has been involved with developing and delivering coaching and training sessions for the last 20 years. An experienced coach and counsellor, with over 5,000 hours of one to one practice, she aligns her understanding of human behaviour with her business experience of working in HR at a senior level.

#### Region

Channel Islands

#### Area of expertise

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## Coaching style

Miranda believes that self-awareness produces self development. Using a high support, high challenge approach, combined with pragmatism, she works with clients to achieve their highest potential, aligning with their values and skills with their ability to deliver results to their organisations.

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## Special Interests

With 30 years' experience of working psychodynamically, and 10 years with a Cognitive Behavioural approach where appropriate, Miranda brings a deep understanding of human behaviour which underpins her coaching style. In the last few years she has been bringing this experience to her work with teams, and is currently part of the faculty, developing and delivering a team coaching programme within a coaching

organisation.

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## **Background**

Before becoming a full time coach, Miranda spent 10 years in senior HR positions in the offshore financial and legal sector. Additionally, she has 30years experience in counselling, both voluntary and private, and ran her own company providing counselling services to businesses.

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## **Training & Qualifications**

Miranda is Accredited as a Master Executive Coach by the Association for Coaching, is a Fellow of the Chartered Institute of Personnel and Development, and an Accredited Member of the British Association for Counselling and Psychotherapy. She is also qualified to deliver MBTI and 16 PF, and is experienced in the use of many other psychological profiling tools.

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## **Current Clients**

Current clients include Deutsche Bank, KPMG, Northern Trust, and RBS. She also works with City in-house legal teams, offshore legal teams, and oil and engineering companies.

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