



Relational Dynamics 1st

Directory of RD1st Alumni Coaches

An introduction

Welcome to the RD1st Coach Directory!

As the UK's specialist training and development company for coaches in the arts, we also maintain this directory of RD1st-trained coaches.

If you're looking for a coach, it can be helpful to identify a few people you feel drawn to and arrange a short 'chemistry call'. This gives you the chance to explore fit and ask about practicalities such as costs, experience, coaching philosophy, areas of specialism, supervision arrangements, and insurance.

Coaches are listed according to the date they completed their RD1st training. Newer coaches appear at the top, with those who have been practising for longer listed further down.

Please note that RD1st does not take responsibility or liability for the work of individual coaches included here. Each coach is independently responsible for their own practice, supervision, and insurance. Anyone making a booking is encouraged to carry out their own checks to ensure the coach is a good match for their needs and interests.

This directory is reviewed every two years. If you are an RD1st Coach and would like to be included, please click [HERE](#) to request a form. RD1st reserves the right to edit all listings.

We hope this directory helps you connect with RD1st-trained coaches whose style and experience feel right for you.



Claire Cunningham

I offer personal coaching both online and in person, creating an empathetic space where people can feel at ease and in flow. I work with adults and young people across a range of settings, supporting them to clarify their goals, spark meaningful change, and take achievable steps forward. I take a holistic, person-centred approach and have supported a diverse range of clients, including senior leaders, dancers, movement directors, artists, musicians, and young people.

For further information please [click here](#)



Ella Mesma

Ella's coaching work blends Relational Dynamics concepts with embodied practices and intuition. Ella knows intimately what it means to navigate imposter syndrome, self-doubt, and external validation and it was this journey first for self that led her to realise she loves supporting others to step up to living a life aligned with their creative purpose where they thrive as leaders and are fulfilled in their personal relationships and lifestyle as well as their career.

For further information please [click here](#)



Joan Thomas

As your Creative Coach and founder of Draw in Your Bliss®, I work with women creatives, educators, and quirky professionals to harness creativity for clarity in love, life, and relationships. Using sustainable tools rooted in self-worth and creative empowerment, we'll overcome challenges, manage complex dynamics, and build deeper connections. Step beyond surviving into thriving through proven creative frameworks that unlock your power, purpose, joy, and fulfilment.

For further information please [click here](#)



Ruby Kvalheim

A trauma-informed wellbeing coach, with additional specialised training in Compassionate Inquiry, Gestalt Coaching, Climate Change Coaching, and certificates in Immunity to Change™ Maps and Tests, and Mindfulness-Based Stress Reduction. Supporting clients through life transitions and tricky behaviour change, I'm happy to offer RD1st trainees and alumni a reduction in fees for coaching. Please get in touch to book a free discovery session.

For further information please [click here](#)



Ellen Mara De Wachter

I work with artists, writers and creative professionals both individually and in groups. I combine deep knowledge of the art world with an understanding of the embodied nature of creativity and its challenges to help you move beyond mental blocks into clarity and action. Whether you're navigating career decisions, developing your practice, or seeking greater creative fulfilment, I offer a space that honours both the intellectual and felt dimensions of creative work.

For further information please click [here](#)



Kate Weiler

Most people come to coaching because they feel stuck. My aim is to help you gain a clear vision for yourself and your life, and what you need to get there. My job is to draw out your unique magic, so you can be more of yourself, more of the time.

If you're a team or group, I'll use coaching approaches to help you define where you're trying to get to, and then work with all of you to get there. This might be to set strategy, develop team dynamics, or build trust.

For further information please click [here](#)



Kamina Walton

Kamina offers a reflective, empowering space enabling her coachees to find answers to difficult questions, reach their goals and build their self-esteem. She has worked with multiple clients, many in managerial roles both within the cultural sector and social enterprise. Much of her work has been undertaken with organisations as 'in-house coach', for individual and group coaching, but Kamina also supports freelance artists, PhD students, leaders and entrepreneurs.

For further information please click [here](#)



Fiona Winning

Hi, my name is Fiona Winning. I'm an Artist and accredited RD1st Coach and a Clean Coaching Facilitator from The Clean Coaching Centre. I coach to help clients find their own resources and by using coaching processes help clients resolve what they want to have happen, their desired outcome. Investing in time to think, clients will develop greater agency, in their professional and personal lives, their wellbeing and their connections with the environment around them.

For further information please click [here](#)



Neil Mackinnon

Neil brings a unique blend of creative and commercial leadership to his coaching, shaped by a career spanning performance, strategy and innovation. With a background encompassing business, adult learning and the arts, he supports individuals and organisations to unlock clarity, creativity and direction. His coaching style is grounded in presence and deep listening, informed by a humanistic philosophy that values empathy, autonomy, and systemic awareness.

For further information please [click here](#)



Dominique De-Light

I am a creativity and wellbeing coach, creative health researcher and trainer. I specialise in coaching artists, writers, academics, and those in the public and voluntary sectors, especially those who feel overwhelmed and frustrated that despite giving their best, they still aren't having the impact or recognition they deserve. By working with me, you'll learn to manage stress, reduce overwhelm, create realistic action plans, and achieve your goals.

I have limited availability until Oct.'26 whilst finishing my PhD.

For further information please [click here](#)



Tom Malcolm Wright

As an ethical leadership coach, I ask powerful questions to enable leaders to:

1. Define their true goals
2. Identify their core values
3. Find ways to achieve their goals that are true to their values.

This process leads to changes which have a positive impact on their employees, society and the planet.

For further information please [click here](#)



Charlotte Fergusson

I'll support you to thrive during a time of transition and find fulfilment in and out of work, through coaching sessions while we walk, in north London green spaces.

It's the in-person, human connection that I love about coaching outdoors. As a previous client put it "I loved being outside: I could look up at the sky and draw in new ideas".

For further information please [click here](#)



Holly Davey

I am a visual artist coaching creative professionals both online and in-person. I work with individuals and groups, where my focus is supporting others to make positive change in their lives. I do not advise or tell others what to do. I work with the core principles of coaching - that the coachee is the expert. My role is to listen with kindness and ask open questions that support new thinking in making active change. I support career development areas of a creative life, including studio approaches and art practice methodologies.

For further information please click [here](#)



Nicky Chambers

PCC ESIA

Executive, Leadership, Team & Career Coach | ICF Mentor-Coach | EMCC Supervisor | Henley Business School Tutor, Mentor-Coach, Supervisor | Director & Co-Chair, London Coaching Group | UK ICF Board Member

For further information please click [here](#)



Jane Ralls

Signing up for coaching can take courage, and I honour that with a warm, reflective, gently challenging approach, bringing lightness and humour when appropriate.

With 10+ years' experience, I support those in the arts and charity sectors to navigate personal and professional challenges. I'm passionate about authentic leadership, change, and helping people find their voice where they're underrepresented.

For further information please click [here](#)



Nicky Marr

I'm a whole life coach. There's no prescribed programme; I meet you where you are, and we dance in the moment with what's most important. We move at your pace, I walk alongside. If you want to do different things, or just do things differently, coaching can help clarify muddled thoughts. Maybe it's about taking a first step; maybe it's gaining confidence to stride ahead. You unearth your own solutions, with my gentle challenge and accountability.

For further information please click [here](#)



Charlotte Semlyen

I'm an experienced coach and supervisor, and RD1st team member. I'm inspired by coaching's capacity to enable honest reflection and build self-validation and confidence. When coaching, I create a dedicated space for you to access clarity of thought, inner wisdom and positive future plans - from the practical to the profound. I provide coaching for leading cultural organisations including the National Theatre, Sound & Music and Clore Leadership.

For further information please click [here](#)



Gemma Baxter

As a coach working with individuals, groups and teams, I love the transformative nature of coaching - how it can uncover the unknown or unspoken, and allow for growth and change. I create a supportive space where you can bring your whole self, think deeply, reconnect with who you are, explore your place in the world, and plan positively for the future. My approach is intuitive, using metaphor and creativity to unlock inner wisdom.

For further information please click [here](#)



Emma Haughton

Emma is an accredited coach with over 25 years experience supporting individuals, teams and organisations in the creative and not for profit sectors to create meaningful change and to have impact in a world of 'permacrisis'. She works with an intuitive, compassionate and creative style and brings the diversity of her experience and skill to help people realise their vision and their potential and to act, with courage, commitment and purpose.

For further information please click [here](#)



Judi Sissons

As a writer, creativity and wellbeing coach, I know how difficult it is to make the time to think deeply and focus on the issues that impact our potential and fulfilment.

Through active listening and working with metaphor to explore personal myths, I work with individuals and organisations to co-create spaces for growth and transformation.

For further information please click [here](#)



Elizabeth Lynch MBE

My approach to coaching encourages curiosity and deep exploration, focusing on action and solutions, encouraging risk within a safe place and the setting/breaking of personal boundaries. The integrated approach to communication, exploration, problem solving and creativity helps individuals reflect on challenges and how to achieve the shift or change they want to make, either personally or within their organisation.

For further information please [click here](#)



Isabel Mortimer

My coaching approach is bespoke and holistic, based on supporting you to create positive change, connect with your strengths, and to 'live your life intentionally'. My coaching holds at its heart: empathy, deep listening, trust in the coach-client relationship, exploring deeply held beliefs, drivers, and finding clarity of purpose. A confidential space, where you can explore areas of challenge, move forward positively, and where 'transformation' can happen.

For further information please [click here](#)



Fern Smith

I trained as a Coach whilst an Arts Council of Wales Clore Leadership Fellow in 2009/10. I offer one-to-one and group coaching, both online and in person, incorporating embodiment and nature-based exercises, creative processes, and future visioning exercises, according to who I am working with and what is needed. Having been an arts and therapeutic, trauma and health practitioner for four decades, I also love mentoring artists, therapists, innovators and cultural leaders.

For further information please [click here](#)



Diane Parker

I have almost 20 years' experience as a creativity coach and creative arts therapist, with a background in theatre, performance, writing and publishing. I am also a trained dance movement psychotherapist who has worked in a range of settings over the past 10 years, including prisons, the NHS and community mental health. Therefore, though my coaching style is primarily solution-focused, it is also therapeutically and somatically informed.

For further information please [click here](#)



Sarah Hymas

My coaching practice spans years of coaching writers, artists and other creative practitioners, alongside a lifetime commitment to my own creative work. I offer safe, curious spaces that value the reach of our imaginations. Working online or in person, I'm known for my integrity, diligence and responsiveness, and seek to encourage an expansive sense of individual potential. I provide a relational and embodied inquiry that allows for open thinking and self-care.

For further information please click [here](#)



Maria Evans

As a leader and coach I have worked extensively in the cultural and education sectors, although my expertise and creativity have been valued by those in a diverse range of other sectors. As a coach I have helped clients deal with leadership or management challenges; supported those struggling with confidence; helped clients successfully change jobs or careers; and have a particular specialism in coaching neurodivergent creatives, educators & entrepreneurs.

For further information please click [here](#)

Claire Cunningham

She/Her

I offer personal coaching both online and in person, creating a warm, empathetic space where people can feel at ease and in flow. I work with adults and young people across a range of settings, supporting them to clarify their goals, spark meaningful change, and take achievable steps forward. I take a holistic, person-centred approach and have supported a diverse range of clients, including senior leaders, dancers, movement directors, artists, musicians, and young people.

My coaching approach is rooted in my former career as a professional dancer and rehearsal director, giving me a deep understanding of career development, wellbeing, career transitions, and in achieving personal and professional goals.

As the poet Rumi suggests, I invite people to “Pay regular visits to yourself.” Coaching offers exactly that - dedicated time and space for reflection, building self-compassion, and taking steps toward creating a life we love. As a qualified yoga teacher and Shiatsu bodywork practitioner, I also recognise the importance of health, work/life balance, and stress management as essential foundations for growth in all areas of life.

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“Claire is an exceptional coach. She has an amazing intuitive sense and asks just the right questions that enable you to really understand yourself and what you need. Her whole person approach helped me set goals around developing my creative practice that were achievable and sustainable alongside my other needs. Claire's creative and embodied approach supports me to come into myself and work out what really matters to me.”

“I can highly recommend Claire for coaching sessions. She skilfully holds the space and I always feel free to flow, knowing that she not only hears me but helps me to develop a focused pathway towards specific goals and take action. Claire provides a trusted space for ideas as well as being an easeful soul who I feel safe with and accountable to.”

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Services		Qualifications & memberships		Niche areas		Contact details	
In person	✓	<div>Association for Coaching membership</div> <div>RD1st coaching certification</div> <div>Neurodiversity training with StopGap</div> <div>Yoga Alliance Teacher Training certification</div> <div>Shiatsu Bodywork with The European School of Shiatsu</div>		<div>Coaching for creatives</div> <div>Coaching for young people</div> <div>Career transition</div> <div>Career development</div> <div>Health and wellbeing</div> <div>Creating healthy habits</div> <div>Neurodiversity/ Access support</div> <div>Confidence coaching</div> <div>Reframing limiting thoughts, words and beliefs</div>		Location	Crystal Palace, London, UK
Online	✓						Mobile
Telephone	✓					Contact details	<div>Email</div> <div>Website</div>

To return to the introductions page, please [click here](#)

Ella Mesma

She/They

Ella Mesma is a multidisciplinary artist, choreographer, and transformational coach who helps creative professionals reclaim their authentic power and build businesses that feel alive.

Ella has over 23 years performance and choreography experience spanning international stages from the Olympics Opening Ceremony to Sadler's Wells and The Joyce Theater, NYC.

She's a published author, accredited coach, and specialist in somatic healing modalities including Rolfing and Holistic Pelvic Care.

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"Since finishing my work with Ella, not a day has gone by when I haven't used my new skills – which are simply listening to and trusting my instincts. Ella has given me this gift, and it has changed my life."

Liza Thomas

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"Coaching with Ella has been a refreshing, honest and deeply supportive experience. As someone who does a lot of self-development work I didn't think I was someone who would benefit so much from coaching, but it has caused me to go deeper with my reflection, revealed things to me that I could only grasp with the guidance of a coach and I now would love to coach further with her to work more into my shadows and to take the actions required to create the life I truly desire."

Ama Rouge

Services

In person	✓
Online	✓
Telephone	✓
Group	✓

Qualifications & memberships

5 times Accredited Coach (Natural Success, ILM Level 3, Relational Dynamics & Mind Matrix) Mental Health Awareness Training, LGBTQIA+ Awareness Training, Trauma Informed Training Published Author of Journal To JOY Certified TRE (Trauma Release Exercise) Facilitator and bodyworker (Myofascial release & Rolfing) Certified Wheel of Consent practitioner (Betty Martin) Holistic Pelvic Care practitioner Sekhem Level 1, Usui Reiki Master (Natural Healer) Director of Ella Mesma Company Certified Yoga Teacher MA in Dance (LCDS/Kent University)
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Niche areas

Imposter Syndrome, Dance and Creatives, Intuition, Mixing Embodied Practices and Coaching

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website
	Social media handle

To return to the introductions page, please click [here](#)

Joan Thomas

She/Her

Drawing from my background as both an educator and artist, combined with training in Person-Centred Art Therapy skills, I've woven my vocational experience into a unique coaching approach. My Draw in Your Bliss® Framework integrates art materials and meditation with traditional coaching conversations, creating a powerful space for transformation.

Clients work with art materials to create images that become visual anchors for our coaching dialogue. These images aren't about artistic skill, they're tools for understanding your needs, exploring challenges, and discovering solutions. Through this creative process combined with reflective conversation, you'll gain clarity on managing complex family dynamics, overcoming fears of not fitting in, achieving emotional sobriety, building healthier money stories, and empowering all your relationships.

Whether you're a creative struggling to manifest your vision, a teacher ready for something new, or navigating dating and relationships, we'll use creativity as your compass. My approach honours your lived experience while providing sustainable, heart-centred tools for growth. Together, we'll craft your life vision, moving you from surviving to thriving with joy, deeper connections, and authentic self-expression.

“

"Joan asked me what would I do if I was not afraid? For me this was a pivotal moment in regard to making a decision to start a new job. It is a question that I now use regularly with myself, when I'm trying to work out whether I'm hearing my inner voice or just fear. Joan appears to be really comfortable with silence, this was great for me as it gave me space to think and reflect on issues I was facing in a safe space with someone else supportively listening in, which is priceless"

"When I started coaching with Joan I was feeling stuck in my life. Over the three sessions we had together, Joan was amazing at listening to me and she intuitively knew which questions to ask me that led to me having breakthroughs. She had a special way of guiding me by asking questions that ultimately helped me to gain clarity on.... She also reminded me of where my strengths were I felt safe, validated and supported I now have a clear understanding of where I'm at and where I'm headed as I create my dream life"

”

Services

In person	✓
Online	✓
Telephone	✓
Group	✓
Listening Circles	✓
Retreats	✓

Qualifications & memberships

PGCE Design Technology BA (Hons) Printed Textiles and Surface Decoration
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Contact details

Location	Croydon, London, UK
Contact details	Mobile
	Email
	LinkedIn

To return to the introductions page, please click [here](#)

Ruby Kvalheim

She/Her

I support individuals through challenging periods in their lives to find balance, clarity and purpose. You may have an issue or question to bring to our session to work through together, something you’re looking to shift or develop. Or maybe just a sense that you know something needs to change, even if you don’t know quite what that is! And now is a time you’re willing to reflect, and take action. I will help hold you accountable to making progress on your goals or let go of behaviour patterns standing in your way.

As a Coach, I'm the UK Chapter Lead at Mindful Return, coaching and facilitating a support programme for mums returning to work, whilst currently working with the NHS Leadership Academy and private clients. In addition to this I'm Marketing & Events Lead at Julie's Bicycle, an environmental charity supporting the arts and cultural sector, with a keen interest in social and climate justice.

I'm passionate about promoting wellbeing, and facilitating lasting positive behaviour change in my teams, audience and clients.

I'm based in South London with my young son and partner, and in my spare time I can get geeky about yoga, arts, board games, and music.

“

"Ruby has been incredible to work with. I've done coaching in the past and found it largely unhelpful so I started in a very skeptical state of mind. In less than three months, not only has Ruby entirely converted me, she's also instigated me starting a new job and massively improved my levels of confidence and motivation... I honestly wouldn't have had the confidence to get it without Ruby's coaching... She's quite literally changed my life."

Rebecca, Marketing & Communications Consultant

"I would highly recommend Ruby. She has a very gentle approach which makes you feel instantly safe and able to speak freely. Through great questioning, she expertly helps you sort through your ideas and create strategies on what to do next when you feel stuck."

Charlotte, Management & Leadership Trainer

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Services	Qualifications & memberships	Niche areas	Contact details
<div><div>In person</div><div>Online</div><div>Telephone</div><div>Group</div></div>	<div><div>✓</div><div>✓</div><div>✓</div><div>✓</div></div> <div>Association for Coaching Member, Accredited member of the ACCPH, and BACP student member. I am also a member of the international Climate Coaching Alliance, as well as the Climate Psychology Alliance, and am Certified Carbon Literate.</div>	<div>Wellbeing Coaching, Compassionate Inquiry, Climate Coaching, Therapeutic Coaching, returning to work after parental or other leave</div>	<div><div>Location</div><div>Contact details</div></div> <div><div>London, UK</div><div>Mobile</div><div>Email</div><div>Website</div></div>

I work with artists, writers and creative professionals - individually and in groups, in person in London and online - helping you gain clarity, navigate transitions, and develop your practice in sustainable ways.

My clients typically come to me when they're: feeling stuck or unclear about their creative direction; preparing for significant transitions (career changes, new projects, studio moves); seeking to build confidence in their work or professional identity; wanting more sustainable creative practices; or needing support to make space for creativity alongside other commitments.

My approach integrates twenty years working in contemporary art with trauma-informed, neurodiversity-affirmative coaching methods and yoga/meditation practices that support creative wellbeing. As both a writer and coach, I understand the creative process intimately - its challenges and possibilities.

We typically work together over 6-12 sessions, fortnightly or monthly, tailored to what works for you.

I'm committed to equity and anti-racism in all my work, and offer a sliding scale of fees. I also provide group coaching, training, facilitation and consultancy for arts and culture organisations.

“

“The coaching journey I took with Ellen was a profound one for me... early on in the sessions we identified the goal of making a body of work. Through our sessions I explored the boundaries I had to making my own art work and committing to my arts practice... looking back on the year-long sessions I am so proud of what I have created, and of realising an ambition... to show my artwork in galleries”.

“I always come out of our sessions with a feeling of being lighter, more able, more myself. Ellen has a wonderful gift for gently ... guiding so that I could find that true self again when I’ve wandered off... I’m very grateful for her help and feel these past 6 monthly sessions have been one of the best investments I have made for myself, my art and for my personal growth and happiness”.

”

Services offered		Qualifications (Q) & memberships (M)		Niche areas	Contact details	
In person	✓	M	I abide by the Association of Coaching Code of Ethics and receive regular supervision.	Artists, writers, mindfulness, embodiment, trauma-informed, neurodiversity -inclusive	Location	London, UK
Online	✓	Q	Relational Dynamics Coach with advanced training including Sharpen the Saw Advanced Coaching (RD1st), Coaching for Grief (RD1st), Group Coaching (Support Squad), and Understanding Autism (The Skills Network).		Contact details	Mobile
Telephone	✓					Email
Team	✓					Website
Group	✓					

Kate Weiler

She/Her

I’m a facilitator, coach and learning designer. My work helps people, organisations and communities learn, grow and connect, to deepen their positive impact on the world. My work is mainly in the charity sector and public sector and I am drawn to working with people and organisations who are purpose-led. My coaching clients have included burnt out teams, over stretched Mums, charity CEOs redefining boundaries, and senior leaders who are working out what is next in their career.

Part of what draws me to coaching is a fascination with people and the messy complexity of being a person trying to do good stuff in the world! I believe that we have to start with ourselves if we're going to work well with others and have transformative impact through the work we're doing. I also believe that we all have potential and capacity within us, but sometimes we need a champion and ally alongside us to challenge, support and offer objective perspective. I aim to be that person when we're working together.

Coaching can be done online, on the phone or face-to-face if you’re based in Devon. Typically sessions are 75 minutes. I also offer half day coaching retreats where we can deep dive into a topic together. I have a very flexible approach to coaching and am happy to explore what will work best for you and your context.

As well as RD 1st, I am trained in Action Learning and am a trainee therapist. My practice is human and connecting, but I'm also here to help you move forward. I bring warmth, but I also bring challenge.

I'd love to connect and chat more - feel free to reach out.

“

“Kate helped me immeasurably to structure and explore my thoughts around a career change. Her coaching allowed me to feel safe enough to share emotions and conflicts which had felt too difficult to confront alone. I found Kate's approach warm, supportive, effective and rigorous and I would recommend her without hesitation.”

MB, coaching client

“Kate guided me through the process with endless compassion, warmth and insight, always allowing space for reflection, whilst encouraging me to commit to action. I cannot recommend Kate highly enough as a coach; she is incredibly conscientious, thoughtful and perceptive.”

AW, coaching client

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Services offered

In person	✓
Online	✓
Telephone	✓
Team	✓
Group	✓
Action Learning	✓
Listening Circles	✓

Qualifications & memberships

Action Learning Associates

Niche areas

I run a group coaching programme for people who are working out what's next for them, for details click here
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Contact details

Location	Exeter, Devon, UK
Contact details	Mobile
	Email
	Website

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Kamina Walton

She/Her

Having graduated from RD1st in March 2021, Kamina has worked with an inspiring community of over 100 artists, cultural sector leaders and individuals running social enterprises across the UK. Whether people need to develop their management skills, are struggling with self-confidence and imposter syndrome, looking to transition career, or need time to prioritise and establish boundaries, Kamina’s approach to coaching provides an invaluable reflective space. Her sessions are confidential, safe, and action-oriented, focusing on specific challenges. Meetings are held in person, online, or while walking.

With nearly forty years of experience in the creative sector as leader, facilitator, provocateur and artist, Kamina brings both a wealth of expertise and a fresh, innovative approach to coaching. She is particularly interested in somatic coaching, which links the mind-body connection to emotional awareness, and also specialises in supporting individuals with ADHD.

In the past three years Kamina has taken part in a rich and diverse range of training opportunities, including Group Coaching, Listening Circles, Death & Grief, Positive Intelligence (PQ), Inside Out leadership, Sharpen the Saw, Mental Health First Aid training, as well as the qualifications detailed below. She has regular supervision to oversee her practice, has her own coach who she meets with quarterly, as well as taking part in regular peer coaching sessions.

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"We worked with Kamina to develop a coaching offer ... available to all managers and staff who identify as being from a minoritised background. It has been transformational around how we develop, retain and support our teams. The feedback we get is hugely brilliant and we have seen positive results at a time in the culture sector that is challenging for morale, opportunity and wellbeing."

Clare Reddington, CEO, Watershed Media Centre

"Working with Kamina over the years has been transformative—helping me to feel empowered, to recognise my growth as well as learning to advocate for myself in working environments. Kamina is warm, understanding and fierce—thankfully so."

Libita Sibungu, artist

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Services offered

In person	✓
Online	✓
Telephone	✓
Team	✓
Group	✓
Action Learning	✓
Listening Circles	✓

Qualifications & memberships

Memberships	Association for Coaching
Qualifications	ADHD Coaching Diploma Somatic Therapy Diploma

Niche areas

Supporting people with ADHD and/or Autism
Somatic coaching

Contact details

Location	Bristol, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please [click here](#)

Fiona Winning

She/Her

My journey into coaching, as with other work I’ve done has been guided by my curiosity, a commitment to personal development, and a deep interest in how people grow and learn.

As a new parent in the 1980’s, I wanted to know more about how children develop. It was through the Playgroup Association that I learnt about self-directed play, where the child explores with no adult intervention unless invited. As an artist this really appealed to me.

An Assertiveness Training course introduced me to my own voice, personal development, and how to say No! I went on to train others to say ‘No’. Co-Counselling introduced me to reciprocal peer support, good listening, and howling into pillows.

I worked with a psychologist supporting health professionals manage stress, and within a GP practice, offering psychological support to referred patients. In a criminal justice setting, I met people eager to be listened to and willing to share experiences very different to mine. There I facilitated courses and workshops both in art and how to challenge unhelpful thinking and behaviours.

With all that experience I now facilitate personal and professional growth using coaching methodologies. I often use the Clean Coaching methodology inspired by the work of New Zealand psychologist David Grove, who through his work, realised the value of working with the client’s actual words, asking ‘clean questions’ about those words and inviting clients to connect to their inner resources through metaphors. I offer coaching online, by phone or in person. I live in Bristol, UK.

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“Recently I’ve had a few sessions with Fiona to help me with two aspects of my practice. She is my go-to when I have ‘radio interference’ and I know something is not quite right. Fiona helps me through her unique blend of gentleness, directness, clarity and warmth.. and razor sharp listening skills!! I ...
After every session I’ve had, I’ve walked away feeling freer and truer to myself”

Helen Acklam- Artist

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“Working with Fiona ... gave me the opportunity to explore my ideas and sticking points... she supported me to unscramble my (often overcomplicated) thinking patterns ... and make clearer decisions. I enjoyed using environment, walking and thinking through metaphor ... and I can recognise real long-term change.I would definitely recommend coaching with Fiona ...”

B Upton, Creative & Community Projects Coach, Artist & Facilitator

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Services offered		Qualifications & memberships	Niche areas	Contact details	
In person	✓	B.A Fine Art (Painting) Winchester School of Art City & Guilds FAETC R.S.A. Diploma Theatre Studies Certificate in Counselling Skills (Bristol University) PGCE Secondary Art (University of Exeter) Relational Dynamic 1st accredited Coach Accredited Clean Coaching Facilitator.	Clean Language Coaching Emergent Knowledge processes Coaching with artists in their studios	Location	Bristol, UK
Online	✓			Contact details	Mobile
Telephone	✓				Email
Listening Circles	✓				Website 1
Clean Language Coaching	✓				Website 2

To return to the introductions page, please click [here](#)

Neil Mackinnon

He/Him

Neil began his career as a professional musician, playing saxophone, flute and clarinet in backing bands and pit orchestras internationally. His journey into coaching began during his leadership roles in the creative industries, where he embedded coaching as a leadership style. At Southbank Centre, the UK’s largest arts centre, he led the foremost commercial performing arts content department, before heading the cross discipline projects team at Intermusica, an award-winning music management agency.

Neil trained with RD1st in 2018-2019 (Coaching as a style of leadership), then with the Academy of Executive Coaching in 2020-2021 (Practitioner Diploma in Executive Coaching) and 2024-2025 (Advanced Practitioner Diploma in Executive Coaching).

Today, Neil coaches across a broad range of sectors and is particularly active in the creative industries. His work is informed by his faculty role at the Academy of Executive Coaching, a leading global coach training organisation, where he helps shape the next generation of coaches.

He is particularly drawn to working with leaders navigating ambiguity, transition, or complexity, those looking to access new thinking, evolve their leadership and reconnect with purpose.

“

“I had some extremely helpful sessions with Neil before Christmas whilst I was trying to work out some challenges and some Covid-related burnout I guess. Neil has a great style and approach and just having these one to one moments were incredibly helpful, affirming and supportive. We used some processes I’ve not used before and ones I implemented straight away. Thanks Neil for your guidance and support and was exactly what I needed at the right time. I heartily recommend Neil”.

Dan Bates, Executive Director, Bradford UK City of Culture 2025

“Neil is a great coach. He listens, carefully questions and provides structure for exploring professional and personal challenges. His experience and depth of knowledge about the cultural sector is a great asset, enabling him to connect with me as a culture professional and to understand my unique situation”.

Daniel Brine, Artistic Director and Chief Executive, Norfolk & Norwich Festival

”

Services offered

In person	✓
Online	✓
Telephone	✓
Team	✓
Group	✓
Walking	✓

Qualifications & memberships

Professional Certified Coach (PCC) - International Coaching Federation
Senior Practitioner - European Mentoring and Coaching Council
Trained Mentor Coach

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

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With over 20 years of experience helping people overcome complex mental, social, and physical issues, I offer a unique and deeply informed service dedicated to supporting you through life's challenges. I co-founded Creative Future, an arts charity that supports underrepresented artists and writers, established the Creative Future Writers' Awards –the first UK awards for a wide range of underrepresented writers – and founded a children's yoga charity for disadvantaged kids. I'm passionate about health, wellbeing, creativity, and inclusion, helping all, whatever their barriers, to achieve their goals.

My professional experience includes being a published author, founding a national charity, training arts and health professionals, facilitating creative workshops, and PhD research.

My personal lived experience includes overcoming mental health issues, substance misuse, coercive and violent relationships, long-term health issues, and the challenges of a blended family.

I'm trained in NVC/NLP and group coaching methods. My work is person-centred, tailored to you. I understand how you can be held back due to a lack of confidence, ill health, work, and caring commitments. But also, your drive to make a difference and have your work recognised.

Let me support you to increase confidence, reduce stress, and manage overwhelm.

“

"Warm, calm, supportive and incisive - Dominique used visualizations, physical exercises and other imaginative interventions to reach a deep level. She was clear thinking in helping me plan goals and intentions and to review progress. A very enjoyable ...intro. to coaching which set me off to a great start as I transitioned into a new career."

Sally-Ann Lomas, Author

"The sessions have really helped me focus my priorities and to get to grips with my work/life balance Dominique's very warm, sensitive approach and her ability to help find the right tools from within to get clarity is amazing - the sessions helped to unlock my own ideas and also helped me to realise my own potential."

Jenni, Arts Consultant

”

Services offered		Qualifications & memberships	Niche areas	Contact details	
In person	✓	RD1st Advanced Coaching training, ORSC Group coaching, RD1st Death & Grief coaching training, Listening Circles training, Solution Focused Therapy training, CBT coaching techniques, Mindfulness training, NVC training, Learning & Teaching in Practice (University Teaching qualification) PGCE post 16+	NVC, ORSC group coaching, death and grief coaching, specialised in working with those from creative health, voluntary and academic sectors	Location	Brighton and Hove, Sussex, UK
Online	✓			Contact details	Mobile
Telephone	✓				Email
Group	✓				Website
Action Learning	✓				LinkedIn

For twenty years I was a theatre director, directing plays that carried powerful social messages. In doing that I discovered that by valuing and supporting each member of my team I could make the work more impactful for our audience and have happier, more engaged colleagues. Now I thrive on helping other leaders unlock the power of value-driven leadership in their businesses and charities, especially ones which are striving to make a positive contribution to the world.

In addition to my training with RD1st, I have an ILM7 in Coaching and Mentoring and am a member of the Association for Coaching and the Climate Coaching Alliance.

I am based in York but am willing to travel for face to face sessions or I offer online coaching. Please get in touch via my website and we can arrange a call to discuss how I might be able to support you.

“

‘The session was great because Tom’s warm questioning and attentive listening encouraged me to think deeply, realize things I hadn’t consciously known before, and make clear plans to move my life forward.’

Artistic Director, major arts centre

‘I had a fantastic experience being coached by Tom. I felt immediately at ease and was able to talk through the challenges I face with honesty. His questions and tools helped me to quickly find my own practical solutions to surmount the obstacles that were holding back my career.’

Artistic Director, national touring theatre company

”

Services offered		Qualifications (Q) & memberships (M)		Niche areas	Contact details	
In person	✓	M	Member of the Association of Coaching Member of the Climate Coaching Alliance Member of Coaching York	Ethical leadership	Location	York, North Yorkshire, UK
Online	✓		Q	ILM7 Executive Coaching and Mentoring, 2023	Climate coaching	Contact details

Charlotte Fergusson

She/Her

I’ve been supporting clients in their career development, wellbeing, creativity & personal growth since 2018. Sessions take place outside while we walk, in north London green spaces - hence the name of my practice, OpenAir Coaching. Each coaching session is structured to support you to work out where you want to be and how to get there, identifying goals and actions where appropriate.

People come to me for coaching when they are at a point of transition in life or work and want support to navigate through it and thrive. Sometimes they’re facing a change that they haven’t chosen, like the breakdown of a relationship, other times they’re stepping in to a new role, taking on new responsibilities, or struggling with overwhelm and stress. I offer in-person, human connection with a mix of compassion, gentleness, firmness and rigour (in the words of my clients).

With a long career in arts & culture, local government and higher education I have three different coaching qualifications and I’m a member of the Association for Coaching.

I’ve coached arts managers, theatre directors, writers, freelancers, leaders of cultural organisations, full-time parents, academics, and emerging leaders in local government.

"I feel a huge weight has been lifted from me... Just the act of talking and letting it all out was really so helpful, you immediately created a safe space I could do that - thank you!" (Feedback from a previous coaching client working in arts management).

“

“Charlotte is an intelligent, caring and gentle (yet equally firm) coach. I would strongly recommend coaching with her to whoever feels stuck in their career and needs support in identifying a clear direction.”

Silvia, London

“Charlotte’s coaching was clear, kind and rigorous. I had a set of goals and she helped me through a tough journey, bringing me to a point of decision with clarity and positivity. I couldn’t have done it without her support and steerage.”

Natasha, London

”

Services offered		Qualifications (Q) & memberships (M)		Niche areas	Contact details	
In person	✓	M	Member of the Association of Coaching	Outdoor coaching while we walk in green spaces and parks in London	Location	London, UK
Online	✓	Q	Relational Dynamics Coach (RD1st)		Contact details	Mobile
Walking Coaching (North London)	✓		Licensed Career Coach (Career Counselling Services)			Email
		Coaching Professional Level 5 (The Apprenticeship College)	Website			
				LinkedIn		

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Holly Davey

After completing a Level 3 Mentoring and Coaching skills course at Cardiff University, I trained to be a coach in 2018 with Relational Dynamics 1st, Lancaster. The training was funded by a - n, The Artists Information Company. This RD1st training changed my life, and shifted my approach to how I wanted to use my skills and creativity. In 2020, I completed Action Learning Set Facilitator training with the Action Learning Centre; became an accredited Clean Language coach, and completed a Level 3 counselling skills course. In 2021, I became part of the Relational Dynamics 1st training team and am currently a co - trainer with Deb Bernard.

Over the last seven years, I have worked with artists and creative professionals at a number of organisations and artist associate programmes across the UK: g39, Cardiff; Spike Island, Bristol; PEAK, Powys; Cardiff Metropolitan University; a – n The Artist Information Company; CAMP, Plymouth; Axis; Creative Scotland; Artquest; Space Studios; Independent Cinema Office; Coaching for Creatives; Clore Fellowship Programme, and Eastside Projects. Alongside this, I have had a number of private clients. Currently, I am coaching and mentoring a number of creative professionals as well as delivering coaching training with RD1st and running Action Learning Sets with NHS.

“

“The opportunity to have coaching sessions with Holly came at a crucial time in my practice. The format of the sessions were so helpful, they helped me to identify what I want for the future of my practice, and the strategies to help me achieve those things. Through Holly’s coaching sessions I have found that my confidence has grown. I can answer questions about myself and my goals with more certainty, and my time management is so much more structured than before. I can really see how the outcomes of each sessions will continue to benefit my progression with my practice in the future”.

Artist, Cornwall

”

Services offered Qualifications & memberships

In person	✓	Member of the Association of Coaching Mental Health First Aid Certificate, University of Wales. Level 4 in Mentoring and Coaching skills, Cardiff University. Level 3 in Counselling Skills, Cardiff University. Clean Language Coach (trained with Angela Dunbar) Action Learning Set Facilitator (Action Learning Centre) Relational Dynamics coach with advanced training including Sharpen the Saw, Coaching for Grief, and Coaching for Groups (RD1st) BA Hons. Fine Art, Goldsmith College, London. MA Contemporary Dialogues, University of Wales. PhD Fine Art, Slade School of Fine Art, UCL, London. PCert - Teaching certificate for Post.16. Bromley College.
Online	✓	
Telephone	✓	
Team	✓	
Group	✓	
Action Learning	✓	

Niche areas Contact details

All creative professionals. Neurodiversity - inclusive.	Location	Cardiff, Wales, UK
	Contact details	Mobile
		Email
		Website

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Nicky Chambers

PCC ESIA

Nicky Chambers is an executive and leadership coach, coach trainer, and supervisor with over a decade of coaching experience and 20 years’ leadership as a Director, Founder, and Board Member in the UK and internationally. She works with senior leaders and teams across finance, professional services, technology, FMCG, healthcare, and the arts, supporting clients including Boston Consulting Group, Deloitte, and The Guardian.

Nicky delivers Board and Senior Leadership Away Days for the Royal Opera and Ballet and works with cultural institutions and creative professionals, blending commercial insight with a deep appreciation of creativity, collaboration, and purpose.

Her coaching is relational, reflective, and grounded in lived leadership experience. Trained in Relational Dynamics and Co-Active Coaching, she creates supportive yet stretching spaces where leaders can think deeply, navigate complexity, and grow with confidence and authenticity. Known for combining warmth, honesty, and presence with challenge and rigour, she helps leaders and teams connect, perform, and thrive.

Nicky holds the ICF PCC credential, is a qualified Coach Supervisor, and an ICF-accredited Coach Mentor. She is a certified practitioner in Team Coaching, Career Transition Coaching, and the Neuroscience of Change, and she trains, mentors, and supervises coaches at Henley Business School. Nicky serves on the UK ICF Board and as Co-Chair, London Coaching Group.

“

“I had a fantastic experience being coach[ed] by Nicky. She really helped me understand my values and goals ... She was always a pleasure to engage with and highly motivating. Her approach kept me on track to achieve what I wanted ..., whilst being flexible enough to adapt where it helped me”.

David Longworth, Principle at GH Smart

“My coaching sessions with Nicky ... have been invaluable. She offers an open, supportive space and a very human approach. Her encouragement and lack of judgement have been integral in allowing me to explore and move forward with a number of professional and personal issues in my life. Her questions are insightful and challenging in all the right ways ... ”.

Helen Bain, Experienced Arts CEO and Accredited Coach

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Services offered

Qualifications & memberships

In person	✓	International Coaching Federation Professional Certified Coach (PCC) Qualified Coach Supervisor - Henley Business School CTI Certified Professional Co-Active Coach Training (CPCC) (ICF ACTP) ICF Accredited and Trained Coach Mentor - Clare Norman Coaching Associates Certificate in Team Coaching - Team Coaching Studio Licensed Career Coach & Certified Career Transition Coach - Firework/Careershifters BRIEF Solutions Focussed Coach Relational Dynamics First Leadership and Personal Coach Accredited Spotlight Practitioner Clare Leadership Programme
Online	✓	
Telephone	✓	
Team	✓	
Group	✓	
Action Learning	✓	

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

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Jane Ralls

She/Her

I have been a professional coach for a decade, working primarily with people in the arts and charity sectors. Alongside my private practice, I’m an Associate Coach with Dancers’ Career Development and the Young Women’s Trust, where I support women aged 18–30 navigating low or no pay and career transition.

I trained with Relational Dynamics 1st (Distinction) and as an Action Learning Facilitator in 2015, supported by Arts Council England. I have since expanded my professional development through courses such as Working with Neurodivergent Clients (Barefoot Coaching), Foundation-level Solution-Focused Practice (Brief), and Organisation and Relationship Systems Coaching (ORSC) with CRR UK. I’m a member of both the Association for Coaching and the International Coaching Federation, and am working toward my PCC credential with over 500 paid coaching hours.

My coaching style is warm, reflective and gently challenging, creating space for insight, humour and growth. I work with clients on issues including confidence, career change, leadership development, purpose, and navigating workplace challenges such as conflict or discrimination.

My lived experience of caring responsibilities, disability within my family, and growing up in a low-income, single-parent household deeply informs my inclusive approach. I’m passionate about supporting those who are first in their family to lead, come from working-class backgrounds, or challenge stereotypes in their sector - helping them to thrive authentically, build resilience, and lead with confidence and compassion.

“

“I’ve just completed a six-session coaching series with Jane, spanning the past few months as I entered a new phase in my working life. I specifically chose Jane to support me on this journey, and she exceeded all my expectations. Jane creates an incredibly safe and supportive space - you’re truly listened to, validated, and encouraged every step of the way. Her gift for asking thoughtful questions helps you see things from a fresh perspective, build real clarity around your goals and vision, and better understand yourself. Throughout our time together, Jane helped me grow in confidence, set a clear direction for my future, and hold myself accountable to my core values and ethics. I would thoroughly recommend Jane as a highly skilled professional and an exceptional supportive coach. A huge thank you Jane!”

“Jane has been a phenomenal coach and helped me re-frame my negative thoughts and challenge how I see myself. She has been supportive, a great listener and really helpful”.

”

Services offered

In person	✓
Online	✓
Telephone	✓
Team	✓
Group	✓
Action Learning	✓
Listening Circles	✓

Qualifications (Q) & memberships (M)

M	Member of the Association of Coaching Member of the International Coaching Federation
Q	Working with and coaching Neurodivergent Clients(Barefoot Coaching) Foundation-level Solution-Focused Practice (Brief). Mental Health First Aider (Mental Health First Aid England) Organisation and Relationship Systems Coaching (ORSC) trained coach with CRR UK (2025).

Contact details

Location	Solihull, West Midlands, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

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Nicky Marr

She/Her

I came to coaching through the powerful experience of being coached. Coaching allowed me to throw off the shackles of how I thought I should live my life, and the weight of other people’s expectations, and I felt compelled to learn the process for myself. From initial training with RD1st in 2015, I have twice sharpened my skills with their ‘Sharpening the Saw’ course, and completed ‘The Art of Transformational Coaching’ with Dr Keith Merron through the Association of Coaching, of which I am a Certified Member. I work regularly with a Coaching Supervisor.

“Nicky has helped me find my wings. I was going through a difficult time emotionally, with a partner who was abusive, and she was just amazing. Listening, asking, supporting. She was a lifeline and with her by my side, I got out of the relationship and began focusing on my businesses and where “I” wanted to be in life. I really don’t think I could have done it without her.... She brought the perfect balance of professionalism and personable approachability”.

“I reached out to Nicky because I knew something was blocking my view. Something was preventing me from getting... where I wanted to be. I was lost! Outwardly confident yet inwardly petrified!!! Five months on and I am no longer full of fear and dread! Nervous? Yes! Apprehensive? Yes! But not scared, not lost. Just free to be me and free to be ‘Fabulous’! The Nicky Marr guidance system is a very real, very efficient ‘Sat Nav for Success’...”.

Services offered

In person	✓
Online	✓
Telephone	✓
Action Learning	✓
Listening Circles	✓
Walking Coaching (in Inverness)	✓

Qualifications (Q) & memberships (M)

M	Member, Association for Coaching Member, Coaching for Creatives
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Contact details

Location	Inverness, Highland, Scotland
Contact details	Mobile
	Email
	Website
	LinkedIn

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I’ve been coaching professionally since 2014, amassing over 2,500 hours of coaching experience. My approach is informed by a wide range of training, including Solution Focused Practice (with BRIEF); Ecopsychology (Centre for Ecotherapy), Journalling for Coaches (Jackee Holder) and Trauma-informed practice (Open University).

My background includes leadership roles such as Executive Director at South East Dance and Chair of Plot22, giving me insight into the complex challenges facing cultural and charitable organisations. My own experiences of burn-out and bereavement give me huge passion for supporting others to cultivate resilience and wellbeing, and work out how they want to be in the world.

My practice as a visual artist brings an intuitive, creative perspective, along with deep understanding of the creative process itself. I work with a range of people across the cultural and not-for-profit sectors, from early-career professionals to established leaders: anyone who wants to make a positive change, gain clarity, explore options, grow their confidence or overcome obstacles.

I aim to create an inclusive coaching environment which is as welcoming and supportive as possible for all neurotypes, making adjustments and adaptations to meet individual needs.

“

“These sessions have been markers in the sand that have helped me through a process of self searching and understanding.... Charlotte is a wonderful coach, she is attentive, thought provoking and really helps guide the sessions to support your needs. THANK YOU... What you allow people to access is very special.”

Zoie Golding Artistic Director, ZoieLogic Dance Theatre

“Taking part in 3 sessions of coaching has been a truly transformative experience. Each session offered valuable time to pause, reflect, and reconnect with myself. Through thoughtful guidance and powerful questions, I was able to gain clarity, direction, and a deeper appreciation for who I am and what I bring to the world. These sessions helped me not only to acknowledge my strengths but also to celebrate my progress and potential. I’m walking away with renewed confidence, purpose, and a sense of gratitude for this meaningful journey of self-discovery.”

Urja Desai Thakore

”

Services		Qualifications (Q) & memberships (M)			Niche areas	Contact details	
In person	✓	M	Member, Association for Coaching	Building confidence, leadership, personal and professional development, career progression.	Location	Brighton & Hove, South East, UK	
Online	✓						
Telephone	✓	Q	Solution Focused Practice (BRIEF)				
Action Learning	✓		Ecopsychology (Centre for Ecotherapy)				
Group coaching	✓		Journalling for Coaches (Jackee Holder)				
Supervision of coaches	✓		Trauma-informed practice (Open University).				
					Contact details	Mobile	
						Email	
						Website 1	
						Website 2	

Gemma Baxter

She/Her

I trained as an Individual Coach with Relational Dynamics 1st in 2011, beginning my coaching journey as part of my role running a career development programme at the National Theatre. In 2020, I became an independent Coach and Facilitator, founding Support Squad - a small collective of like-minded coaches and facilitators, working to support individuals, groups and teams, mainly in the arts, charities and education sectors.

I later trained as an ORSC™ Practitioner with CRR UK in 2022, and a Positive Intelligence® Coach in 2023.

While my approach will vary and adapt depending on your needs, particular areas of support could include:

Career Reflection & Planning: exploring career highs and lows, identifying personal strengths and values, and dreaming into the future to determine short and long term goals.

Roles & Relationships: using ORSC™ principles to explore your relationship with colleagues or teams, understand your own role and recognise your impact, to build stronger, more effective relationships.

Self-Awareness & Confidence: drawing on Positive Intelligence® tools to support coachees to uncover barriers, and reframe limiting beliefs and plan positive and proactive ways of moving forward with more surety and confidence.

“

"The coaching I received came at an opportune time for me personally, the sessions have given me self-assurance and internal recognition to identify my achievements, values and ambitions as a leader, this has in turn increased my confidence. I now feel better equipped, supported and self-encouraged, which has had a positive impact on my work, team and personal life. I am extremely grateful for this opportunity to ground my understanding of my leadership style, values and achievements."

K.B. Sept 2025

”

"My sessions with Gemma were incredibly useful and have already had a huge impact on my work. They were focused, warm, and provided helpful challenges to my thinking. Gemma was brilliantly curious and non-judgemental and I'd really recommend working with her."

Anonymous, August 2025

Services		Qualifications (Q) & memberships (M)		Niche areas	Contact details	
In person	✓	M	Member, Association for Coaching	Systems Coaching: I work with systems experiencing conflict. Career Change / Development Leadership	Location	London, UK
Online	✓		Q		ORSC™ Practitioner (Organisational Relationship Systems Coaching) Positive Intelligence Coach™	Contact details
Telephone	✓	Email				
Team coaching	✓	Website				
Group coaching	✓	LinkedIn				
Pairs Coaching (for professional and/or personal partnerships)	✓					

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Emma Houghton

TO ACT AND NOT TO WAIT "This generation has a responsibility to reshape the world. Start the task even if it will not be fulfilled in your lifetime. Even if it seems hopeless now, never give up." The Dalai Lama

Emma is an accredited coach, coach supervisor, facilitator and trainer with over 25 years experience supporting individuals, teams and organisations in the creative and not for profit sectors to create meaningful change and impact, to realise their purpose and potential in a world of 'permacrisis'.

She is accredited as a coach with Relational Dynamics 1st; qualified in Advanced Gestalt Coaching and certified in Gestalt Group Work; she is a Certified Practitioner in Systemic Coaching and Constellations.

Emma draws on a range of tools and coaching methodologies to suit each client/client group. She works with an intuitive, compassionate and motivational style and brings the diversity of her experience, skills and tools to enable people to create the change they desire and to act, with courage, commitment and purpose.

She is co-founder of Generate, a company of coaches and facilitators with a strong belief in the power of human relationships and creativity to support team and organisational purpose and sustainability. She is an training partner and coach for Clore Leadership and a coach for Social Movement Coaching global programme. She is a full Member of the Association for Coaching and an RSA Fellow.

“

"Emma's ability is to bring intelligence, empathy , insight and courage to the sessions with me have made for an eye-opening and inspiring journey over the past six months . I came wanting to make clear decisions about the next steps in my career; I left with a deeper sense of my identity and the courage to follow through with that".

M.Pattinson

“Emma is a sensitive listener, extremely perceptive, and has the ability to incisively yet subtly encourage new ways to address challenges and adopt positive behaviours and ways of thinking - and for me this meant improving both my confidence and my professional performance. Emma's calm, friendly and relatable manner also made our sessions enjoyable as well as constructive and I wouldn't hesitate to recommend her as a Coach”.

S.Davies

”

Services

In person	✓
Online	✓
Telephone	✓
Team coaching	✓
Group coaching	✓

Qualifications (Q) & memberships (M)

M	Member, Association for Coaching Fellow Royal Society for Arts (RSA)
Q	Certificate in Advanced Gestalt Coaching, Certificate in Gestalt Group work, qualified to mastery level in Systemic Coaching and Constellations

Niche areas

Climate and social justice leaders (and teams).
Leaders and teams in charities.

Contact details

Location	Brighton, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

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With lived experience of cancer and the boarding school system, I specialise in working with survivors. I also work with writers and creative people at all stages of their careers.

I am an accredited RD1st coach having completed the Coaching Skills for Writers course run by NAWE and The Arvon Foundation, and the RD1st ‘Sharpen the Saw’ Advanced Training.

I have delivered supervision sessions for AlphaPlus and the Educational and Training Foundation on their Professional Development for Mentors and Coaches course.

I also hold an MA with Distinction in Creative Writing & Personal Development (Sussex University), a Foundation Certificate in Arts Therapies (Hertfordshire University).

In addition, I am trained in the use of ‘clean language’ and metaphor in coaching developed by David Grove, and Action Learning Sets with NAWE and The Hub.

“

“Judi is a skilled coach who has the ability to attune to her clients. Over the years she has been very encouraging, positive, patient and thorough in her coaching. This I hugely appreciate”

RC Psychotherapist

”

Services		Qualifications (Q) & memberships (M)		Niche areas	Contact details	
In person	✓	M	NAWE (National Association of Writers in Education) https://www.nawe.co.uk, Lapidus https://lapidus.org.uk.	Writers, Creatives, Cancer, Boarding School Survivors.	Location	Brighton and Hove, UK
Online	✓		Q		Mediation UK Accredited Mediator.	Contact details
Telephone	✓	Email				
Action Learning	✓	Website				
				LinkedIn		

I use clean coaching methods that facilitate people’s own perceptions, decisions and actions. I coach senior and early to mid-career professionals in the following areas: leadership, creativity, skills, career development, performance improvement, change, project management and team relationships. I also coach Clore Leadership Fellows.

I collaborate on work that is engaging, challenging and gets people talking, thinking and feeling. I enjoy bringing artists, scientists and other specialists together with communities to share knowledge and skills, and to explore and express ideas. I am especially interested in work that is experimental, questioning and difficult, and that enables a variety of voices to be heard.

As a senior cultural leader and specialist advisor, I have extensive knowledge and experience of collaborating with artists and communities, and of producing interdisciplinary projects and programmes across art, science, health and education. This experience is supported by knowledge of cultural policy, education, fundraising, arts and culture production, organisational management and social entrepreneurship.

I am informed and inspired by a commitment to ensuring that everyone, irrespective of their background, can engage with creating, sharing and enjoying arts and culture.

“

“I benefitted greatly from my sessions with Elizabeth. Her supportive and direct approach ... was completely transformational for my day-to-day work life...She helped me think through my strengths and areas for improvement in a way that gave me confidence, helped me to tackle some of things I'd been putting off and gather some much needed positive forward momentum”!

Clare Callan

“Elizabeth’s work is quietly powerful. She meets you exactly where you are, moving with curiosity, courage and compassion. Her sessions connect heart, body and mind, creating space for honesty and transformation. What makes her unique is how fully she sees you – and helps you see yourself again... Each session deepens clarity and confidence, turning insight into action and supporting growth that lasts...”.

Suzanne Alleyne

”

Services

In person	✓
Online	✓
Telephone	✓

Qualifications (Q) & memberships (M)

M	Member: Association of Coaching Member of the Association of Chairs
Q	Sharpening the Saw’ Advanced course with Relational Dynamics, 2018 Mental Health First Aid course, 2021

Niche areas

Arts leadership, community engagement, diversity, young people, creative ageing, team relationships, self-confidence
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Contact details

Location	London, UK
Contact details	Mobile
	Email
	LinkedIn
	Instagram

My areas of specialism are in taking holistic approach with a ‘laser focus’ technique. My lived experience informs my experiential learning style, laser focus and active reflection in my coaching practice. My key belief, that underpins my coaching practice, is the client is creative, resourceful and whole. A coach's role is to support the client to surface insights and solutions for themselves. I offer embodied practice, effective communication techniques including questioning, active listening, observation and reflecting back. I use NLP (neuro-linguistic programming) and tools such as journaling and meditation to support the coaching process. I use the Co-Active model, the GROW model and a fluid/intuitive approach. With these techniques, this can invite greater self-awareness and surface insights that may inform your choices going forward. Having a non-judgmental person available to provide focused attention gives you space to explore and understand how to move forward positively.

Coaching may involve goal-setting, to create focus and ensure you are progressing. You will be encouraged to create action points/notes in a session, so you know what steps are needed to keep moving forward. The coaching is based on an equal relationship.

My Training: Co-Active Coaching CPCC. Organisational Systems Coaching ORSC, Relational Dynamics 1st Trainer, Coach and Supervisor. I am a Certified ILM Coaching Supervisor. GROW model, NLP, process coaching. My coaching style is person centred and bespoke. I offer a space for transformation to happen.

I'Start where you are. Use what you have. Do what you can.' Arthur Ashe

“

“Isabel is the queen of the powerful question. You know, that one that takes you deep into unexpected places in search of new insight and learning ! And Isabel does it from a place of warmth and deep care for her client which makes her work all the more impactful”.

Adrian Marriot - Unlocking Value Creation Through Teams- BCG Alumnus

“Isabel is an amazingly warm hearted person who brings strength and a clear insight in what people wants in their life. I strongly recommend her as a life coach!”

Charlotta Malm Bellintani

”

Services		Qualifications & memberships	Niche areas	Contact details	
In person	✓	I am a trained Organisational and Relationship Systems Coach, A Certified Professional Co-Active Coach, ILM Certified Coaching Supervisor. Professional Facilitator and Trainer. A Member of the International Coaching Federation. A Clore Fellow. Professional Dance Artist, Choreographer, Teacher.	Context: cultural sector, creative industries, charity, social enterprise, corporate, education Area: Leadership development, cultural change, Organisational and Relationship Systems coaching, team dynamics, difficult conversations, feedback, embodied learning, laser focus technique, organisational development, coaching skills training, course design.	Location	London, UK
Online	✓			Contact details	Mobile
Telephone	✓				Email
Team coaching	✓				LinkedIn
Group coaching	✓				Website
Action Learning	✓				
Listening Circles	✓				
Other: Walking coaching, silent coaching, quiet space coaching	✓				

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Fern Smith

She/Her

Every aspect of my work involves supporting individuals and groups to move through embodied, transformative processes. My primary methodology is deep listening, witnessing, working with beautiful questions, and mirroring. I work emergently and iteratively, in an embodied way, to navigate complexity and support change.

I also run a clinic as a craniosacral therapist and TRE (Trauma Release) practitioner, which enables me to work safely with emotions as they arise. My work as a coach draws on more than forty years’ experience in the arts as a performer, director, and creative producer.

I have worked with leaders, activists, academics, and eco-entrepreneurs, as well as groups from Welsh Government, the Centre for Alternative Technology, Natural Resources Wales, and Swansea University on major projects and new initiatives. I love working at the meeting point between the arts and other sectors, often designing bespoke spaces and approaches.

I am drawn to working with activists and change-makers striving for fairness, social and climate justice; with those recovering from burnout; and with those exploring how their role in the world aligns with their values. I continue to reflect on the privileges and unconscious biases that accompany being a heterosexual, cisgender, white woman.

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“I approached Fern for coaching to support my new practice in anti-racism facilitation. I had around 8 sessions over 18 months and found them invaluable. A very productive experience at a big turning point in my work”.

“Being coached by Fern is to be held in the safe hands of an experienced artist and practitioner who really cares about our craft, brings into the room a lifetime career within the arts and who nurtures the environment both within her life & her work. Having a space to talk freely helped me express how I was feeling and enabled me to think more objectively putting things in proportion. Being prompted by Fern to return to key subjects I’d decided to investigate helped me keep focus so I left each session with tangible solutions”.

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Services offered		Qualifications (Q) & memberships (M)		Niche areas	Contact details			
In person	✓	M	Member of Craniosacral Therapy Association Member and Certified practitioner with Global TRE (Trauma Release process)	Artists, eco-entrepreneurs , academics and change-makers focusing on social and climate justice	Location	Machynlleth, Mid Wales, UK		
Online	✓				Q	Qualified Wilderness Rites of Passage guide Facilitator of the Work That Reconnects Alumni of Good Grief (Climate) Network Completed extensive inner and world work trainings with Processwork UK. First Class (Hons) Psychology, Masters Degree in Industrial Relations	Contact details	Mobile
Telephone	✓							Email
Team	✓							Website 1
Group	✓	Website 2						
Action Learning	✓							
Listening Circles	✓							

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Diane Parker

She/Her

Alongside my coaching practice, I’m an applied theatre practitioner, and I’m passionate about the power of theatre to tell stories, build communities and change the political and social landscape. I’m also a proud member of the LGBTQIA+ community, and an equally proud northerner (though I live in London!) and I firmly believe in the power of collaboration and community in effecting change.

Over the years, I’ve worked with a range of charitable organisations as both coach and therapist, including Mind, Spark Inside, and Young Women’s Trust. Today, alongside my private practice, I offer my services primarily through the charity Wellbeing in the Arts, working with people in the arts and creative industries. I have also offered coaching through the Clore Leadership Programme's Connect:Reflect pilot programme (2025). My abiding passion is for working with those on the brink of a transition or at a crossroads, who want support in navigating that with grace and fortitude. I’ve been here myself on a regular basis, and each time I've found encouragement and inspiration in reaching out to my community or speaking with a skilled coach or mentor.

You might be a social entrepreneur or creative leader, and want to take your business or project to the next level. You might be struggling with your relationships, at home or work, and want to explore ways of developing healthier patterns of relating. Perhaps you have an idea for a creative project, and want to find the confidence to take that first step, or maybe you simply want to express your creativity more and bring it further and deeper into your everyday life.

“

“I'd like to say thank you ... for your coaching. Your guidance was brilliant, and you are excellent ... You have a wonderfully patient, positive ... approach to coaching, and your advice has drastically improved my self-perception ... I am so happy ... thanks to you. You have made such a big difference ... through your encouragement and support. Thank you ...”

“I signed up for Work It Out coaching ... that’s how I met Diane. She is the woman who changed my life. In our first session we noticed my trauma ... preventing me from moving forward. We discovered I felt I was neglecting my writing ... so I began writing again that very night. Diane helped me to have at least one revelation ... every coaching session. She helped me to realise I wasn’t being kind to myself ... She flagged my mental health ... as a result I got the treatment I needed. Diane took my hand ... lead me through the pathways of my mind ... She helped me to ignite the torches ... find my way through the darkness.”

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Services offered		Qualifications (Q) & memberships (M)		Niche areas	Contact details	
Online	✓	M	Member of Association for Dance Movement Psychotherapy (ADMP) UK and Association for Coaching (AC) UK	Creativity, leadership, relationships, mental health and wellbeing	Location	London, UK
Telephone	✓	Q	Leadership Coaching (Leeds Metropolitan University, 2009); Action Learning (ILM, 2009); MA Dance Movement Psychotherapy (Goldsmiths University of London, 2014); Organisational, Relationship and Systems Coaching (CRR Global, 2016); Introduction to Group Analysis (IGA, 2016); Solutions-Focused Coaching (BRIEF, 2021)		Contact details	Mobile
Listening Circles	✓					Email
						LinkedIn

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Sarah Hymas

She/They

As an ordained Buddhist practitioner and certified coach, I hold grounded, compassionate spaces for reflection, clarity, and creativity. Drawing on deep listening, Nonviolent Communication, and the principles of permaculture design, I work within the intersections of personal, social and environmental ecologies. This lens enables clients to reconnect with their values and needs, and to navigate decisions with confidence and authenticity. My practice focuses on cultivating generative and sustainable habits for well-being.

My approach is grounded in trust: in intuition, embodied wisdom, and the unfolding of process. I’m interested in patterns of thought, and the perceptions and feelings that shape our choices and direction in life. As a writer-collaborator, I recognise the power of words and silence to bring insight and transformation. Through gentle challenge, my sessions are places in which to uncover fresh perspectives, articulate what matters, and reconnect with a renewed sense of purpose and possibility.

I am holistic and intuitive – weaving mindfulness, emotional intelligence, and systems thinking to support personal and professional transformation. I work with chosen and unexpected transitions.

With over thirty years of experience facilitating creative spaces across the community - in education, the arts, mental health, and environmental sectors - I bring openness, connectivity and a deep respect for individual journeys. My sessions invite stillness, curiosity and vitality, creating the reflective space needed to act with clarity, care, and intention.

“

“Sarah is a tremendous guide facilitator. She will provoke you and support you as you unearth your creative work”.

“Sarah provides a crucible for thinking about your work and setting your compass. She inspired me to be curious and expansive”.

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Services offered		Qualifications & memberships	Niche areas	Contact details	
In person	✓	End of Life Doula Foundation Training (Living Well, Dying Well, 2025) Ordained into the Order of Interbeing (2025) Full Permaculture Design Course (The Permaculture Association, 2023) PhD in Philosophy (Liverpool University, 2019) Accredited Coach (PCT & RD1st, 2008)	Specialising in creative freelance practice, transitions, trauma sensitivity, neurodiversity, eco-grief, and white awareness.	Location	Kendal, South Cumbria, UK
Online	✓			Contact details	Mobile
Telephone	✓				Email
Listening Circles	✓				Website
					Instagram

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Maria Evans

She/Her

My approach focuses on a system I've developed over the years, grouped around five As:

1. Awareness: we'll start by raising awareness of the particular challenges you face;
2. Acceptance: hand in hand with awareness, we'll work on how to learn acceptance, freeing you up from the time and energy previously spent on dealing with stress and negative emotions created by people or situations beyond your control;
3. Actions: we'll explore a range of actions to help you change the things that are within your control;
4. Accountability: we will devise personalised strategies to sustain momentum through accountability, and how to adopt new habits that will really stick, ensuring a more positive future for you and your career/home life;
5. Affirmation: along the way we'll ensure celebrations of the wins – both big and small – helping you to feel better about yourself from the very start.

Key qualifications and training include: Advanced Certificate in Neurodiversity Coaching, 2025 Associate Coach Diploma, 2024 Certified Positive Intelligence Coach, 2024 PhD, University of Warwick (funded by ESRC) Associate Fellow of the University of Warwick's CAPITAL centre, 2005-2010 Coaching Skills for Leadership, Cultural Leadership Programme, 2008 Clore Leadership Short Course, 2007

My lived experience of being late diagnosed AuDHD (Autism and ADHD) informs my understanding and support when engaging in neurodiversity coaching.

“

“It was an absolute pleasure working with Maria Evans at a point in my career where I felt stagnant and lacked the confidence to move forward. She is inspirational in her coaching style... and, through adept questioning and genuine listening, she took me on a reflective journey that surprised and empowered me.”

“Maria is adept at bringing her knowledge and creativity to bear on challenging issues and does so with sensitivity and flexibility”

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Services

In person	✓
Online	✓
Telephone	✓
Group	✓

Qualifications (Q) & memberships (M)

M	EMCC
Q	Advanced Certificate in Neurodiversity Coaching, 2025 Associate Coach Diploma, 2024 Certified Positive Intelligence Coach, 2024 PhD, University of Warwick (funded by ESRC) Associate Fellow, University of Warwick's CAPITAL centre, 2005-2010 Coaching Skills for Leadership, Cultural Leadership Programme, 2008 // Clore Leadership Short Course, 2007

Niche areas

Neurodiversity coaching; career coaching; confidence coaching

Contact details

Location	Oxford, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

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