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.

Caroline Jackman

I believe people do their best thinking when they feel heard. My coaching practice creates a reflective, supportive space where artists, makers and creative leaders can explore challenges, reconnect with their values and move forward with clarity and confidence. Grounded in curiosity, generous listening and over 25 years of experience in the creative sector, I help individuals navigate change, strengthen their leadership and build sustainable, fulfilling creative lives.

For further information please click here

Emma Wilcox

With over 30 years in the cultural sector, more than 10 in senior leadership including as CEO, I understand the realities leaders face. I practice person-centred coaching, working responsively with my clients, creating a safe, focused space to think.

I bring warmth, trust, and honesty, alongside deep knowledge of leaders' challenges and opportunities, helping you navigate and explore your leadership approach, and grow your impact for yourself and your organisation.

For further information please click here

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

Nina Bell

I specialise in working with leaders and aspiring leaders in the arts, heritage, and not for profit sectors. With over thirty years experience leading creative teams and developing public programmes, I am passionate about supporting others to succeed.

For further information please click here

Quinny Sacks

I offer compassionate support to help overcome barriers and unlock true potential. Within a safe and non-judgemental space, I invite exploration of strategies to navigate challenges and build resilience. Drawing on my background in movement and creative practice, I help others to find their own inner movement - a freedom that reconnects them with self-worth, confidence and a renewed sense of possibility.

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

Jenny Hunt

My coaching is direct and dynamic, producing clear thinking and decisive action. I have a person-centred approach providing a structured process that helps people define what they want to change or achieve and design realistic ways forward.

I am neurodiversity-informed and work with individuals and organisations to bring focus and momentum to demanding creative work. When action aligns with values and direction, meaningful performance follows.

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

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

Siohán Whitney Low

Coaching for Fundraisers is my practice after 30 years of being a fundraiser. My aim is to empower fundraisers to rediscover their self belief, and find imaginative solutions in a changing landscape. When something's been blocking your way for a while, you need a different approach to get past it. I'll use prompts and questions to help you reframe your challenges, spot unhelpful patterns, and explore new routes to achieving your goals.

For further information please click here

Molly Sanders

I am an ICF accredited individual and group coach, working with people and organisations to create positive change.
I support people in pursuit of maximum personal and professional growth to gain clarity, discover and refine purpose, find confidence in decision making and reach their potential; All with an aim of leading a happier, more fulfilling life.
Specialisms: Subsidised Arts Sector; Participation; Leadership; Transitions; Fertility; Motherhood; Nature-Connection; Embodied Practice.

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

Jana Kennedy

Jana is a Leadership Coach for women in senior roles and Group Coach trainer at The Group Coaching Academy.

Known for her warmth and competency, Jana has worked across the NHS and in charity sectors.

She is inclusive in her practice. Her core values are community, connection and humour.

For further information please click here

Emily Druiff

I'm Emily Druiff, and I love supporting creatives and visionaries to turn their ideas into reality. Leadership isn't just for CEOs or senior managers — it's for anyone ready to step fully into their creative vision and guide projects, teams, or their own practice with clarity and confidence. If you are seeking a coach who will support your creative leadership journey — with care, presence, and purpose — I'd love to connect.

For further information please click here

Mel Scaffold

I'm a coach and mentor based in Somerset, working across the UK. After 20 years leading development in the culture sector, including as CEO of Theatre Bristol, I now offer a supportive, challenging space for people navigating change, big decisions or new leadership roles. I believe you hold the answers to your own questions, and I help you find clarity, confidence and a way forward.

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 Greenhill

I'm a coach working alongside, and supporting creatives and anyone working in, or hoping to work in, theatre, arts and culture. I offer one to one leadership and career coaching and Group coaching. I'm usually available Thursday and Friday. I've worked in the arts for over 30 years, first as a Stage Manager and later in leadership roles. I know and love our sector deeply.

For further information please click here

Stella Sideli

Stella Sideli is an accredited Relational Dynamics coach offering one-to-one coaching and coaching+mentoring for artists, researchers and cultural professionals. Her practice centres on listening, attention and relational dynamics, supporting people to navigate complexity, clarify direction and develop ways of working that feel sustainable and grounded.

For further information please click here

Andrew Marcus

I am a coach, consultant and facilitator who works with individuals, organisations and teams to define and achieve long-term strategic goals.

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 work with arts and culture professionals on the brink of leaving the sector to help them make clear decisions about what to do next so they can protect their wellbeing without losing their identity. This doesn't have to mean leaving the sector! It might do, but it's not a given. Coaching takes place in person, while we walk outside in London parks.

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

Jo Clements

Dr Jo Clements is a visual artist who specialises in coaching artists and arts professionals. She is also podcast host of The Grateful Web. Currently based in the UK and Ireland, she works with artists and arts professionals at every stage of their career - from emerging practitioners finding their voice to established artists seeking new direction.

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 muddied 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

Carys Shannon

Hello, I'm Carys, a writer and creative coach. I help writers, artists and creatives find clarity, overcome obstacles, and make space for their most meaningful work.

I take a person-centric approach, which means you get a place to reflect, reconnect to your values, explore your options, energise yourself, and be held accountable.

My coaching style is warm and encouraging, and together we'll create a safe space to explore and work towards your goals.

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

Richard Beecham

I'm a coach, facilitator, trainer and theatre director with over 25 years experience of working in the cultural sector. The golden thread running through all my work is a passion for working up-close with others and enabling them to flourish.

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

Caroline Jackman

My coaching practice is grounded in the belief that people think best when they have the time, space and attention to discover their own answers. I completed Sharpen the Saw and RD1st Coaching (2025), Nancy Kline's *Time to Think* Leadership Facilitation and Coaching (2021–24), and prior to this Collins & Co Ltd leadership training 2019. My practice is also informed by training in inclusive leadership through Fearless Futures. For more than 25 years I have supported artists, makers and creative professionals through coaching, mentoring, facilitation and leadership development. Alongside one-to-one coaching, I have designed and delivered learning and leadership programmes for national charities, galleries, higher education institutions and cultural organisations across the UK and Europe, helping individuals develop confidence, resilience and sustainable creative careers.

As a practising artist, curator and consultant, I understand the realities of building a creative practice, navigating change and balancing artistic ambition with financial sustainability. I work with artists, makers, curators and creative leaders at all stages of their careers, particularly those seeking greater clarity, confidence or direction, or preparing for new opportunities and leadership roles.

"Whenever I'm confused about how to move forward with an aspect of my design business, I contact Caroline. She listens, asks the right questions and helps me bring clarity to whatever it is I need help with at that time. I leave each session with a eureka moment which enables me to and take a step forward. It's a bonus that she makes the whole process enjoyable and relaxed...Basically, I'm a bit of a fan.."
Lee Simmons, Visual Identity Design, www.leesimmons.me

"..I would describe it as the "sports massage" of workshop! A bit uncomfortable at first, then we dug deeper and really got to some tougher issues but it was in the end really therapeutic and healing... I will definitely be able to use the strategies ...and it helped to clarify some thoughts I have been examining about my own practice."
Libby Daniels, ceramicist, Time to Think workshop participant

Services

In person	✓
Online	✓
Telephone	✓
Team Coaching	✓
Group Coaching	✓

Qualifications & memberships

RD1st coaching certification
RD1st Sharpen the Saw
Time to Think Facilitation and Coaching

Niche areas

Visual arts, design and craft based sectors

Contact details

Location	Guildford, Surrey, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please click here

Emma Wilcox

She/Her

Over ten years ago I qualified as an Action Learning Facilitator and I used the skills to run Action Learning sets as well as applying the techniques in my leadership roles and working with Boards as a consultant.

More recently, working with a coach enabled me to find clarity in my decision making, transformed the way I led, and supported me to build high-functioning teams. It helped me tap into my own wisdom and expertise, giving me the space and the courage to make bold changes and approach everyday tasks with greater purpose. It was this experience that led me to train as a coach with RD1st.

My executive and leadership roles have centred on arts and culture, working in a place-based way across a huge range of organisations, from local government to Arts Council England, universities, commercial design agencies, and creative organisations. I bring a wealth of knowledge and understanding of these sectors, although I work with clients from a wider field too.

I coach people at every stage of the journey: - first-time CEOs still finding their feet - experienced leaders and Chairs looking to deepen their thinking - heads of department sharpening their practice - new managers building the skills and confidence to lead well.

Often for my clients it's about taking a fresh look at an existing role or challenge, or wanting space to find perspective and think about exploring something new. It could be reframing a current role and looking for change within the same organisation, or seeking new opportunities elsewhere.

"I had the pleasure of working with Emma as my work coach, and from the very beginning, she helped me clarify my goals with a level of insight and direction that I hadn't been able to achieve on my own. Emma creates a safe and focused space where you feel heard and understood, bringing a deep knowledge base and practical know how and wisdom to our conversations, with a warmth and openness ...I would thoroughly recommend Emma to anyone seeking a coach who is thoughtful, supportive, and truly effective at helping you move forward. ."

"Emma was a wonderful coach. She knew when to listen, when to probe further, and which questions would really help unpick the issues I was grappling with. She brought clarity in a thoughtful and supportive way, and I'm hoping to work with her again soon."

Services

Online	✓
Team	✓
Group	✓
Action Learning	✓

Qualifications & memberships

Qualified Coach – accredited by RD1st / Culture Works Accredited Action Learning Facilitator, endorsed by Institute of Leadership & Management Fellow of the RSA

Contact details

Location	Faversham, Kent, UK
Contact details	Mobile
	Email
	LinkedIn

To return to the introductions page, 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.

“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.”

Services

In person	✓
Online	✓
Telephone	✓

Qualifications & memberships

Association for Coaching membership
RD1st coaching certification
Neurodiversity training with StopGap
Yoga Alliance Teacher Training certification
Shiatsu Bodywork with The European School of Shiatsu

Niche areas

Coaching for creatives
Coaching for young people
Career transition
Career development
Health and wellbeing
Creating healthy habits
Neurodiversity/ Access support
Confidence coaching
Reframing limiting thoughts, words and beliefs

Contact details

Location	Crystal Palace, London, UK
Contact details	Mobile
	Email
	Website

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 perfomance and choreoraphy 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.

"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

"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)

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

Nina Bell

She/Her

I work with individuals and teams — in person and online — creating a safe, supportive, and creative space to explore challenges and find practical solutions. My coaching helps people clarify what they want and how to get there, so they can thrive personally and professionally.

I qualified as a coach in 2010 having completed the award winning BBC Executive Coaching Course. I have been a member of the Association for Coaching since 2013. In 2024 I qualified as a Relational Dynamic Coach with Culture at Work and Relational Dynamics 1st Ltd. Alongside my private practice, I coach for the Clore Leadership Connect and Reflect programme and host regular Co-Coaching Forums for the Association for Coaching.

"It has been a very valuable experience for me and I already feel like I have achieved more in 3 months than I have in the three years prior thanks to the sessions."

"Your approach during the session was calm and thoughtful and I felt it was a safe space to explore some of the complexities where life and work and study all overlap. The sessions allowed me to work out priorities and get a new perspective."

Services

In person	✓
Online	✓
Team Coaching	✓
Listening Circles	✓

Qualifications & memberships

Association for Coaching, BBC Executive Coaching (EMCC accredited), RD1st

Contact details

Location	Somerset, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please click here

Quinny Sacks

About me

Before coaching, I had a rich and varied career in the arts for over 30 years. As a professional dancer I developed a deep understanding of the expressive power of movement - how the body tells stories, communicates emotion and helps one to connect with others. As a choreographer and movement director, my perspective broadened and I discovered how that connection could be harnessed to bring about motivation and excellence in others. I collaborated with leading directors and companies across theatre, film, opera and television with an approach that combined creativity, fun, emotional precision and empathy.

As a coach, this evolution has given me a unique insight into how creativity can inspire and transform both collective and individual goals. My process is collaborative and the focus is on working together to enable meaningful and lasting change. I offer compassionate support to help overcome barriers and unlock true potential. Within a safe and non-judgemental space, I invite exploration of strategies to navigate challenges and build resilience. Drawing on my background in movement and creative practice I am passionate about helping others find their own inner movement - a freedom that reconnects them with self-worth, confidence and a renewed sense of possibility.

I am a qualified coach - accredited with Relational Dynamics Ltd and Culture at Work - and a member of the Association for Coaching

"Having worked with other professionals in the past, I can genuinely say that my time with Quinny was not only the most encouraging and enjoyable, but also the most effective. I'm deeply grateful for the part she played in helping me get to a place of balance and momentum again."

"Working with Quinny had an immensely positive impact on both my personal and professional life. Working on regulating in times of high stress to regain clarity and focus, to organising workflows in a way that works more with my objectives, mindset and habits. We worked together through a great deal of blockages that were hindering me seeing my own path forward, and with patient and reflective support I have understood myself and my approaches better, giving me both confidence and empowering me to achieve rewarding successes further down the line. It's been life changing! I can't thank her enough."

Services

In person	✓
Online	✓
Telephone	✓
Team Coaching	✓

Qualifications & memberships

Accredited with RD1st and Culture at Work. Member of the Association for Coaching

Niche areas

Individual coaching and Creative Connectivity workshops for teams

Contact details

Location	London, UK
Contact details	Email
	Website

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

Services

In person	✓
Online	✓
Telephone	✓
Group	✓

Qualifications & memberships

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.

Niche areas

Wellbeing Coaching, Compassionate Inquiry, Climate Coaching, Therapeutic Coaching, returning to work after parental or other leave

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website

To return to the introductions page, please click here

Jenny Hunt

She/Her

I'm Jenny Hunt, a coach, artist and creative entrepreneur. I founded Joymining, my coaching practice, to integrate my experience of creativity, leadership and transformation in work that supports meaningful change.

Coaching, for me, is a practical and imaginative process. It supports people to recognise what is serving them and what is not, to take ownership of what they can influence, to dream, plan, revise, experiment, and find their own way forward.

I trained with Relational Dynamics 1st and am a certified Mindful Mentor through Tara Brach and Jack Kornfield. I specialise in ADHD coaching and am neurodiversity-informed, combining lived understanding with practical tools.

Alongside coaching, I maintain a 20-year international live art practice as one half of Hunt & Darton. That background informs how I work: bold, responsive and comfortable with complexity.

"I was exhausted, stressed, and ready to give up. Jenny helped me plan my way out of the burnout and financial chaos I thought came with being a creative. She gets it, and watching her help you see the big picture is very, very excellent. Twelve stars."
Bryony Kimmings

"We were incredibly impressed by the organisational development session Jenny Hunt from Joymining ran for us. Jenny created a supportive, thoughtful space for honest engagement, got to the heart of complex issues, and challenged big questions with compassion and purpose. Her prompt, practical follow-up helped maintain momentum, leaving us aligned, motivated, and ambitious about the way forward."
Sarah Worth

Services

In person	✓
Online	✓
Team	✓
Group	✓

Qualifications & memberships

RD1st Coaching Course 2023

Mindful Mentor - Trained with Tara Brach and Jack Kornfield

ADHD Coaching - Centre of Excellence

RD1st Advanced Course (Sharpen the Saw) 2024

Niche areas

Business, career and life coaching for creatives, freelancers, neurodivergent people. I specialise in ADHD coaching

Contact details

Location	Brighton and London, UK
Contact details	Mobile
	Email
	Website

To return to the introductions page, please click here

Ellen Mara De Wachter

She/Her

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

In person	✓
Online	✓
Telephone	✓
Team	✓
Group	✓

Qualifications (Q) & memberships (M)

M	I abide by the Association of Coaching Code of Ethics and receive regular supervision.
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).

Niche areas

Artists, writers, mindfulness, embodiment, trauma-informed, neurodiversity -inclusive

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website

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

Contact details

Location	Croydon, London, UK
Contact details	Mobile
	Email
	LinkedIn

To return to the introductions page, please click here

Siohán Whitney Low

She/Her

I have spent over 30 years championing the arts for young people and for social change as an experienced Arts Fundraiser. I have worked at Unicorn Theatre for Children and Wac Arts, chaired the Boards of Theatre Peckham and Jumped Up Theatre, and run a portfolio career as a consultant. Today I am Fundraising Associate of The Reading Agency, and co-founder of Park Bench Theatre. I trained with RD1st and am an accredited coach undertaking regular supervisions and a member of the Association of Coaching.

How do I coach fundraisers? I'll hold a regular space amidst the rush, where you can feel listened to, understood and supported as you explore your goals and unpick the challenges of today's fundraising world. Once you've set your goals, I'll hold you to achieving them. I'll support you to make a plan, and check in with you as you put it into practice. Along the way, we'll make time to recognise success and navigate challenges, ensuring you have all the tools you need to make real change in your life and career.Through listening and gentle yet incisive prompting I'll create a space that feels both safe and productive.

Coachees describe me as 'attentive', 'creative' and 'purposeful'. They love working with me because I "have a fantastic understanding of the arts/ community sector and experience working in the field."

My coaching is person-centred, making you the expert in the room, and I have a particular focus on supporting fundraisers.

"Having the opportunity to be coached was an excellent experience in itself – a rare chance to pause, reflect, and allow someone else to guide my thinking. Working with Sioban made this all the more valuable because she shares a similar professional background in fundraising. She has a deep understanding of the particular challenges, frustrations, and pitfalls that come with this line of work. That shared context meant I trusted that she truly understood where I was coming from, and that her observations and questions were grounded and relevant".
Alison Woolley, former Director of Development at Goldsmiths University of London

"Siobán is a wonderful coach... At a challenging moment in my career and the beginning of a new chapter in my life, Siobán's support made a real difference. I came away with clarity, confidence, and renewed perspective. I would wholeheartedly recommend her to anyone.
Lucy Nagar, Senior Fundraising Manager

Services offered

In person	✓
Online	✓
Group	✓

Qualifications & memberships

M	Association for Coaching
Q	Currently undertaking a fast track Level 3 Certificate of

Niche areas

Coaching Fundraisers

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please click here

Molly Sanders

She/Her

I am an ICF accredited individual and group coach, working with people and organisations to create positive change.

Trained in Relational Dynamics and group coaching, my style draws from positive psychology, the Co-Active model, body work and mindfulness; I use these approaches to raise awareness and unlock fresh perspectives to create lasting change in people's lives.

In 2026, I will be qualified in Nature Based coaching and embodied practice, both of which enable coachees to connect to wider systems and different sources of information to support decision making and transformation.

Informed by my lived experience, my passion is working with women, with a particular focus on their work and health and how the two intersect, this includes: transitions, career progression, fertility, motherhood and the return-to-work post-maternity.

My practice builds on 15 years as a Producer, Programmer and Programme Director in dance and participation, working in leadership across world-renowned arts organisations including Sadler's Wells, Southbank Centre, Cultural Institute at King's College London and Grec Festival de Barcelona, as well as Creative Consultant for leadership development organisation, Just Add Water.

Recent org clients: Clore Leadership, Roundhouse, BFI, Punchdrunk Enrichment, British Council, Heard, Rosetta Arts, English Touring Theatre.

"Molly was a game changer. She helped me reconnect with my creativity and sense of self when coming back to work after maternity leave, and has given me the clarity and confidence to move forward with a sense of direction and purpose. She is an incredible listener and has the most remarkable skill of unpicking your internal narratives, laying them bare for you to see and helping you put them back in such a way that is the most helpful, positive and productive for you..She's made a huge difference....Highly recommend."
Marisa Bates, Author and Journalist

"I started working with Molly at a point of transition in my personal and professional life...Molly supported me in redefining my core values and giving me a true understanding of what I want to prioritise in life. I could not recommend Molly more as a coach and am so grateful for the sessions we had together"."
Olivia Howe, Director of Festivals, Business and Production, British Film Institute

Services offered

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

Qualifications & memberships

M	Member of International Coaching Federation and Association for Coaching
Q	ICF ACC Accredited Coach Relational Dynamics Accredited Coach (RD1st/Culture at Work) Accredited Group Coach (Quantum Leap Consulting & Coaching) Nature Based Coaching Skills (The Natural Coaching Company - in training) Embodied Transformation (Coaches Rising - in training)

Niche areas

Transitions. Fertility. Motherhood. Nature Based Coaching. Embodied Coaching. Relational Dynamics. Group Coaching. Subsidised Arts Sector. Participation.

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please click here

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

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

Contact details

Location	Exeter, Devon, UK
Contact details	Mobile
	Email
	Website

To return to the introductions page, please click here

Jana Kennedy

She/Her

Coaching approach: Jana is an experienced 1:1 and group coach who brings rich life experience and a broad, systemic perspective to her work. Her coaching style is warm, compassionate, and appropriately challenging, creating a space where clients feel supported yet stretched to think differently. With deep curiosity and empathy, she partners with clients as a trusted ally, focused on what truly matters to them.

Jana works particularly with women leaders, mothers, and those facing intersectional challenges, supporting them to set clear boundaries, lead authentically, and find meaningful balance. Her approach is grounded in connection, compassion, and a touch of humour.

Each coaching journey is co-created to deliver meaningful outcomes. Clients report greater self-awareness, stronger communication skills, improved decision-making, and renewed confidence. Common benefits include enhanced leadership presence, improved work–life balance, and increased alignment between values and actions.

Academic and professional background: Jana has extensive experience coaching groups, leaders, and early-career researchers across the NHS and charity sectors, embedding coaching cultures and creative leadership practices. She also runs a private practice supporting women in executive and senior leadership and trains coaches to coach groups. She holds a BSc in Sociology, is an MBTI practitioner, ILM Level 7 certified coach, APTI-accredited assessor, and qualified through RD1st and Cultures at Work.

"Jana is personable and fun but a fantastically professional coach. Her breadth of knowledge and the ability to reach for the right framework to guide my reflection and thinking is incredible."
Sarah CEO

"Jana has helped me identify what I want that work to be, and to have the confidence to keep my goal in sight, despite rejections. I would 100% recommend this course. Jana is a great coach; holding a safe and supportive space where vulnerabilities can be shared and worked through with honesty and compassion."
Clare

Services offered

In person	✓
Online	✓
Group	✓
Training	✓

Qualifications & memberships

EMCC (senior practitioner) AoC / ILM 7 / MBTI

Niche areas

Groups and women returning to work

Contact details

Location	Manchester, UK
Contact details	Mobile
	Email
	LinkedIn
	Website

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Emily Druiff

She/Her

In coaching, I bring curiosity, presence and creativity to each conversation, holding space for you to explore, reflect and reconnect with what matters most. My approach is informed both by relational and embodied practices and by over 300 hours of coaching experience — integrating embodied awareness, deep listening, and thoughtful enquiry to help you rediscover your unique voice and creative leadership.
My accredited learning includes the Association for Coaching, Relational Dynamics (RD1st), Red School's Menstrual Leadership, Yoga Nidra Network's Well Woman, and End-of-Life Doula UK — each contributing my understanding of how we lead not through force, but through connecting to ourselves, our unique calling and to others.

Before stepping into coaching in 2020, I was the Founding Director of Peckham Platform, and I bring over 20 years' experience in third-sector cultural organisations to the people-centred leadership work I now do. Trained originally as an artist and curator, I place creativity and collaboration at the heart of my practice — believing that creativity is not just a context for leadership but a model for how leadership can feel alive, generous and regenerative.

Alongside coaching, I am a qualified senior yoga teacher and Yoga Nidra facilitator, and where appropriate I weave embodied practices into our work together. This supports not only your professional clarity but also your capacity for resilience, spaciousness, and wellbeing in the midst of complexity.

"The sessions with Emily were immensely useful; they offered a well-held space to bring a whole range of challenges that I'm facing — and most importantly to find solutions."
Individual Coach Client, Cultural Sector

"As is often the case for those in the cultural sector, the pressures of constant delivery left me on the brink of burnout. Emily's coaching offered invaluable support, helping me to regain clarity and find practical ways to move forward with renewed confidence."
Individual Coach Client, Cultural Sector

Services offered

In person	✓
Online	✓
Telephone	✓
Group	✓

Memberships

Association for Coaching

Niche areas

- Clarify your vision and turn ideas into actionable plans
- Move past overwhelm and find practical momentum
- Strengthen confidence in decision-making and collaboration
- Navigate transitions in projects, careers, teams, or creative practice
- Step fully into creative leadership — of your work, your ideas, and your impact.

Contact details

Location	Ipswich, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please click here

Mel Scaffold

She/Her

I spent 20 years leading development in the culture sector, including as CEO of Theatre Bristol, before setting up my independent practice in 2020. Coaching lets me use everything I learned about people, organisations and change to support individuals directly.

My central belief is that you already hold the solutions to your own questions. What often makes the difference is having the time, space and skilled support to step back, look at things freshly and dig into what's really going on. I offer a safe, non-judgemental space where you can think and speak freely, be properly listened to, and feel accepted as you are.

Alongside coaching, I also offer mentoring, which adds advice and guidance where it's useful, so we can find whichever approach suits you best. I work in a person-centred way, drawing on creative practices and different ways of thinking to shape an experience led by your needs and preferences.

As well as training with Relational Dynamics 1st, I hold an ILM-accredited Wellbeing Coaching qualification from the British School of Coaching. I am also an accredited Action Learning facilitator with 15 years' experience. I'm a fully insured member of the Association for Coaching and take part in regular coaching supervision.

I'm committed to equity and inclusion in my practice, and undertake regular related training including recently BSL Level 1 and Understanding Autism Level 2.

"Mel coached me through a transitional period of my career and helped me to both reflect and move forward. Her prompts and insights helped me to solve problems and see a way through challenges. She empowered me to be bolder and more confident in my convictions, she helped me to articulate my values, find my worth and advocate for myself in professional settings."
Coaching client

"I'm often feeling and thinking my way towards things that Mel is able to perfectly crystalise into aims and actions. It's like she can see inside my head and reach for the gems that are clouded in questions and confusion."
Mentoring client

Services offered

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

Qualifications & memberships

Memberships	Association for Coaching

Niche areas

I specialise in supporting women and non-binary folks in leadership roles, and neurodivergent people.

Contact details

Location	Nr Cheddar, Somerset UK
Contact details	Mobile
	Email
	Website
	LinkedIn

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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.

"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

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 Greenhill

She/Her

I trained with RD1st and am a member of the Association for Coaching. I've also completed RD1st's Sharpen the Saw course and I'm group coach trained with the Group Coaching Academy.

I work with leaders in the arts, offering you the support and listening ear I wish I'd had at all stages of my leadership career, especially in the early years. I love creating space for you to think and supporting you to become the best, most supportive, nurturing leader you can be.

I also offer career coaching whether you're trying to get your first arts job, pivot or take your next step. I'll support you to improve your CV and your application and interview technique.

My coaching approach stems from my 30+ year arts career. I was a stage manager for 14 years (touring and West End) and have held senior leadership roles in technical, production, operations, HR in 3 major venues plus with a small disabled led theatre company. This gives me a deep understanding and appreciation of the challenges you may be facing or the ideas you are forming.

"Working with Fiona as a coach during my first Executive role was incredibly valuable. Our fortnightly sessions were a much-needed, held space to examine my practices and priorities. Her gentle questions and even more importantly, her patience and deliberate silences, helped me navigate a career transition in a way that encouraged self-care as a necessary aspect of strong leadership. Fiona's coaching helped me reveal insights that were sometimes surprising, but were also often an articulation of core values that I had not previously been able to take the time and focus to explore fully...I wholeheartedly recommend Fiona for your support team."

"Having taken on my senior role during the pandemic... I lacked confidence in what I was doing. Working with Fiona helped me to step outside of the situation and look at it from a different perspective, which I really needed. I felt very supported - she also gave me the breathing space to break down the challenges and find my way to practical solutions to tackle them, which I'll be taking forward. Thank you Fiona."

Services offered

In person	✓
Online	✓
Group	✓
Outdoor coaching	✓

Qualifications & memberships

Memberships	Association for Coaching

Niche areas

Creatives.
Arts Leaders.
Career change/ development.
Supportive Leadership
Organisational development

Contact details

Location	Lymington, Hampshire, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please click here

Stella Sideli

She/They

Stella Sideli is an accredited Relational Dynamics coach (RD1st, ILM Level 7 equivalent). Her practice focuses on how listening, attention and relational dynamics shape thinking, decision-making and creative work.

She works with a 'clean' coaching approach that supports clients to articulate their own thinking, while remaining attentive to the conditions in which that thinking takes place. Sessions offer a structured yet open space to reflect, organise ideas and move through moments of uncertainty, transition or tension.

Alongside coaching, she offers coaching+mentoring for artists and cultural practitioners, drawing on over a decade of experience in curating and artist development. This may include feedback on projects, support with writing and funding applications, navigating relationships with institutions, and developing sustainable working practices.

She has experience working with neurodivergent individuals and adapts her approach to different rhythms, communication styles and ways of processing. Her work is informed by an ongoing research enquiry into listening as a relational and institutional practice, which brings a particular sensitivity to silence, pace and attention within the coaching space.

"Following conversations around how Stella could best support the Artist Development Programme at Primary we invited her to deliver 1-2-1 sessions, combining coaching techniques with mentoring our residents. Feedback from participating residents is testament to Stella's experience and ability to cover concepts and approaches both clearly and succinctly. Most importantly participants found the sessions to be stimulating and fun. We look forward to working with Stella again in the future."

Colette Griffin, Curator, Primary, Nottingham UK

"Stella helped me tune into my thoughts and the processes behind my work ..., allowing me to express myself with far greater confidence and precision. Stella is extremely empathetic and balanced sensitivity with a practical, results orientated approach. She helped me create a clear pathway towards my goals"

Cassie Vaughan, Artist

Services offered

Online	✓
Telephone	✓
Group	✓
Listening Circles	✓

Qualifications & memberships

Accredited Relational Dynamics Coach (RD1st, ILM Level 7 equivalent)

Member of Association for Coaching

PhD Researcher in Philosophy, University of Liverpool

MA in Critical Theory and Cultural Studies, Goldsmiths, University of London

PGCert in Arts Management & Policy, Birkbeck, University of London

Niche areas

Listening as practice

Creative and cultural sector coaching and development

Coaching + mentoring for artists and curators

Institutional dynamics and governance

Working with neurodivergent individuals

Navigating complexity, transition and decision-making

Contact details

Location	London and Liverpool, UK
Contact details	Mobile
	Email
	Website

To return to the introductions page, please click here

Andrew Marcus

He/Him

Andrew is a partner at strategy consultancy, Tangram. Andrew supports individuals, organisations and teams to define and achieve long-term strategic goals. As a coach Andrew has worked with individuals from a range of backgrounds. As a facilitator Andrew has designed and delivered workshops from two to 250 people in culture, science, financial services and communications sectors. With a background in marketing, communications and strategy, Andrew's coaching work often intersects with strategic initiatives and long-term planning processes.

He is a former board-level director at a major museum where he held various senior marketing and communications roles for over a decade. Andrew is also an experienced non-exec director. Andrew is a fellow of both Clore Leadership and the Royal Society of Arts. He is a member of the Association for Coaching and an accredited member of the Chartered Institute of Public Relations. Andrew has trained with Animas, RD1st, the Action Learning Centre, City Lit and IDEO U.

"I've never had any coaching before and I didn't know what to expect! I found our sessions fascinating – reflective, at times challenging, and genuinely useful in working through setbacks and ultimately towards unlocking potential in a safe, empathetic space."
Laura Callan, St Paul's Cathedral

"Andrew helped me uncover solutions I was looking for, and I'm not sure i would have come to by myself. Having the space, reflection time and his astute questions got me to a new place of understanding in my career."
Nick Anderson, Cultural Producer

Services offered

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

Qualifications & memberships

Member Association for Coaching, Clore Leadership Fellow, RSA Fellow, Trained with RD1st, Animas, IDEO U, Action Learning Centre, City Lit

Contact details

Location	London, 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.

"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

""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

Services offered

In person	✓
Online	✓
Telephone	✓
Listening Circles	✓
Clean Language Coaching	✓

Qualifications & memberships

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.

Niche areas

Clean Language Coaching

Emergent Knowledge processes

Coaching with artists in their studios

Contact details

Location	Bristol, UK
Contact details	Mobile
	Email
	Website 1
	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

To return to the introductions page, please click here

Dominique De-Light

She/Her

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

In person	✓
Online	✓
Telephone	✓
Group	✓
Action Learning	✓

Qualifications & memberships

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+

Niche areas

NVC, ORSC group coaching, death and grief coaching, specialised in working with those from creative health, voluntary and academic sectors

Contact details

Location	Brighton and Hove, Sussex, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please click here

Tom Malcolm Wright

He/Him

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

In person	✓
Online	✓

Qualifications (Q) & memberships (M)

M	Member of the Association of Coaching Member of the Climate Coaching Alliance Member of Coaching York
Q	ILM7 Executive Coaching and Mentoring, 2023

Niche areas

Ethical leadership
Climate coaching

Contact details

Location	York, North Yorkshire, UK
Contact details	Email
	Website
	LinkedIn

To return to the introductions page, please click here

Charlotte Fergusson

She/Her

People from the cultural and creative sector come to me for coaching when they are overwhelmed and overworked but afraid to make a change because they don't want to lose their identity. I help them decide how to adjust their current role so it's more sustainable or leave their role while still retaining their professional creative identity.

The movement, fresh air, greenery and spaciousness open up new perspectives and encourage creative thinking. "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) If you want to ask any questions please drop me a message through my website https://openaircoach.ing.

With a long career in arts and culture, local government and higher education I have three different coaching qualifications and I'm a member of the Association for Coaching. I offer in-person, human connection with a mix of compassion, gentleness, firmness and rigour (in the words of my clients).

I've been supporting clients in their career development, wellbeing, creativity and personal growth since 2018. I've coached arts managers, theatre directors, writers, curators, freelancers, leaders of cultural organisations, full-time parents, academics, marketing managers, and emerging leaders in local government,among others. Sessions take place outside while we walk, in north London green spaces - hence the name of my practice, OpenAir Coaching.

"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

In person	✓
Online	✓
Walking Coaching (North London)	✓

Qualifications (Q) & memberships (M)

M	Member of the Association of Coaching
Q	Relational Dynamics Coach (RD1st) Licensed Career Coach (Career Counselling Services) Coaching Professional Level 5 (The Apprenticeship College)

Niche areas

Outdoor coaching while we walk in green spaces and parks in London

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please click here

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

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

Qualifications & memberships

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 Leaning 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.

Niche areas

All creative professionals.

Neurodiversity - inclusive.

Contact details

Location	Cardiff, Wales, UK
Contact details	Mobile
	Email
	Website

To return to the introductions page, please click here

Jo Clements

She/Her

Having trained with RD1st in 2017 I have been coaching consistently ever since for a growing roster of established clients including individual arts practitioners from visual arts, music, theatre and museum sectors. My practice is enriched by my explorations into the worlds of neuroscience and psychology and shaped by 30 years' experience navigating the art world, motherhood and academia, all while maintaining a successful arts practice. I have a fine arts practice based PhD.

My coaching and arts practices are inextricably linked through my research into how brain activity shapes our sense of self, our creative potential and how creative expression can rewire the ways we think, feel, and relate to the world. Coaching for me is about creating a dialogue, noticing patterns of behaviour, looking at social and neurological connections and understanding the habits of mind that influence your work. Sometimes we're strengthening pathways of confidence and process sometimes we're dismantling old narratives to make room for new possibilities.

My coaching is not about fixing what's "wrong," but about recognising, reconnecting with and developing what's already there - your influences, skills and connections, your imagination, your capacity to adapt and grow. Through reflective conversation and skilled questioning I will help you focus, prioritise and align your thinking with your creative and career ambitions so that your art and your life, can unfold with greater clarity, authenticity, and flow.

"Castlefield Gallery has engaged Jo as an artist coach across our dedicated artist development programmes for around 2.5years now....The coaching made such an immediate positive difference to the artists involved in that programme, that we not only made coaching core to that programme from there on in, but now seek to include Jo's coaching in all our development programmes, at least wherever resource allows. We have had consistent positive feedback..."

Helen Wewiora, Director Castlefield Gallery

"Jo has... been working with us to offer the benefits of coaching to the wider a-n membership, providing a safe, confidential, developmental space within which to explore specific issues.., aspirations and challenges. Jo has provided vital support to those seeking change, a shift in gear and a renewed focus."

a-n The Artists Information Company

Services offered

In person	✓
Online	✓
Telephone	✓
Group coaching	✓

Qualifications & memberships

Fine Art BA, MA PhD

Niche areas

I work across the creative industries specialising in one-to-one coaching with arts practitioners and professionals

Contact details

Location	Manchester UK and Donegal, Ireland
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

Services offered

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

Qualifications & memberships

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
Clore Leadership Programme

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please click here

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

To return to the introductions page, please click here

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

Contact details

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

To return to the introductions page, please click here

Charlotte Semlyen

She/Her

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

In person	✓
Online	✓
Telephone	✓
Action Learning	✓
Group coaching	✓
Supervision of coaches	✓

Qualifications (Q) & memberships (M)

M	Member, Association for Coaching
Q	Solution Focused Practice (BRIEF) Ecopsychology (Centre for Ecotherapy) Journalling for Coaches (Jackee Holder) Trauma-informed practice (Open University).

Niche areas

Building confidence, leadership, personal and professional development, career progression.

Contact details

Location	Brighton & Hove, South East, UK
Contact details	Mobile
	Email
	Website 1
	Website 2

To return to the introductions page, please click here

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

In person	✓
Online	✓
Telephone	✓
Team coaching	✓
Group coaching	✓
Pairs Coaching (for professional and/or personal partnerships)	✓

Qualifications (Q) & memberships (M)

M	Member, Association for Coaching
Q	ORSC™ Practitioner (Organisational Relationship Systems Coaching) Positive Intelligence Coach™

Niche areas

Systems Coaching: I work with systems experiencing conflict.

Career Change / Development

Leadership

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please click here

Emma Haughton

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 acreddited 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

To return to the introductions page, please click here

Judi Sissons

She/Her

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

In person	✓
Online	✓
Telephone	✓
Action Learning	✓

Qualifications (Q) & memberships (M)

M	NAWE (National Association of Writers in Education) https://www.nawe.co.uk, Lapidus https://lapidus.org.uk.
Q	Mediation UK Accredited Mediator.

Niche areas

Writers, Creatives, Cancer, Boarding School Survivors.

Contact details

Location	Brighton and Hove, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

To return to the introductions page, please click here

Elizabeth Lynch MBE

She/Her

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

Contact details

Location	London, UK
Contact details	Mobile
	Email
	LinkedIn
	Instagram

To return to the introductions page, please click here

Isabel Mortimer

She/Her

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

In person	✓
Online	✓
Telephone	✓
Team coaching	✓
Group coaching	✓
Action Learning	✓
Listening Circles	✓
Other: Walking coaching, silent coaching, quiet space coaching	✓

Qualifications & memberships

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.

Niche areas

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.

Contact details

Location	London, UK
Contact details	Mobile
	Email
	LinkedIn
	Website

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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.

"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".

Services offered

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

Qualifications (Q) & memberships (M)

M	Member of Craniosacral Therapy Association Member and Certified practitioner with Global TRE (Trauma Release process)
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

Niche areas

Artists, eco-entrepreneurs, academics and change-makers focusing on social and climate justice

Contact details

Location	Machynlleth, Mid Wales, UK
Contact details	Mobile
	Email
	Website 1
	Website 2

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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."

Services offered

Online	✓
Telephone	✓
Listening Circles	✓

Qualifications (Q) & memberships (M)

M	Member of Association for Dance Movement Psychotherapy (ADMP) UK and Association for Coaching (AC) UK
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)

Niche areas

Creativity, leadership, relationships, mental health and wellbeing

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website
	LinkedIn

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Carys Shannon

She/Her

I qualified as an Action Learning Facilitator and Relational Dynamics Coach in 2009. Since then, I've worked with writers and creatives, both as individuals and groups, across the arts, education and third-sector spaces.

As a coach, I help you clarify priorities, challenge your inner critic, and turn insight into action. My approach is warm, person-centered, and practical: we explore your goals, uncover obstacles, and create a plan to move forward.

I provide a written report after each session, noting what I observed and any actions you, the coachee, want accountability for. I also provide additional written reflective questions for clients to work on between sessions.

Whether you're feeling overwhelmed by too many ideas, juggling too many parts of a portfolio career, unable to find the time to get on with it, or if you're struggling with confidence, I can help.

Working with me as your coach, you'll get clear on your priorities, work through inner and outer obstacles, challenge that inner critic, and make time and space to move towards where you really want to be.

I'm a practisting creative myself, so I know the challenges you face. I'm a writer of short and long fiction. My work has been broadcast by the BBC, and published by Parthian Books, Honno Press and Mslexia Magazine. My debut novel, Truth Like Water, was published by Parthian in October 2025.

> *"Carys' creative coaching has been both an anchor and an accelerator for me. Her deep listening, gentle yet probing questions, and wise counsel have been invaluable. I've gained courage, confidence, and practical support for my writing. Carys is a rare treasure."*
> Clare Mulvany, Writer and Mentor.

Services offered

Online	✓
Group	✓
Action Learning	✓

Qualifications (Q) & memberships (M)

M	Association for Coaching
Q	Relational Dynamics Certified Coach, ILM and ALA Certified Action Learning Facilitator

Contact details

Location	Wales / Spain (online only)
Contact details	Email
	Website
	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".*

Services offered

In person	✓
Online	✓
Telephone	✓
Listening Circles	✓

Qualifications & memberships

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)

Niche areas

Specialising in creative freelance practice, transitions, trauma sensitivity, neurodiversity, eco-grief, and white awareness.

Contact details

Location	Kendal, South Cumbria, UK
Contact details	Mobile
	Email
	Website
	Instagram

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Richard Beecham

He/Him

I believe that coaching is a profoundly personal and human process which enables people to fulfil their professional, personal and creative potential.

My role as coach is to support clients to discover the confidence, clarity and conviction that will enable them to make positive change and move forward on their own terms.

I hold a warm, safe, non-judgemental space in which my clients and their agenda are my sole focus. I listen deeply, ask powerful questions and offer supportive challenge.

Clients have described my coaching style as empathetic, intuitive, engaging, energising, insightful and empowering.

Alongside my private practice, I am an Associate of Clore Leadership, Generate Partnership and Global Training UK where I work with organisations and individuals from both the not-for-profit and corporate sectors. I also coach at the Arvon Foundation where I work with writers to support their creative process.

My Voluntary work includes:Trustee, Brixton House (2015 - 2025); Artistic Assessor (Theatre), Arts Council England (2009-2017); Listening Volunteer, Samaritans (2012 - ongoing).

I trained as a Coach with Performance Coach Training/CLP in 2008.

"Richard is an incredible coach. I immediately felt at ease sharing and discussing what emerged for me. about my leadership. We explored areas related to leadership motivation, trust, communication, difficult conversations, questioning long-held assumptions and generally getting curious about all things related to my leadership. The strategies and reflections that emerged from our coaching sessions have been invaluable and have contributed to ongoing positive cultural and operational changes for my department and organisation."

"I had the great pleasure of working with Richard through a series of coaching sessions and I would highly recommend the experience. Richard has a rare ability to hold onto the threads that are developing over time while keeping each session grounded in whatever you bring on the day. He shares excellent tools, offers genuinely valuable insights and support, and never hesitates to challenge you where it's needed. I finished the series in a place I hadn't expected, but absolutely where I needed to be."

Services

In person	✓
Online	✓
Telephone	✓

Qualifications & memberships

Certified Coach, Performance Coach Training/CLP (2008); Fellow, Clore Leadership Programme (2007); Philosophical Life Compass (2023); Mental Health First Aid (2025)

Niche areas

Leadership Coaching; Personal Coaching; Communication Coaching

Contact details

Location	London, UK
Contact details	Mobile
	Email
	Website

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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"

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

To return to the introductions page, please click here