

Executive Coaching

inpd.co.uk/executive-coaching



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What is Executive Coaching?

Executive coaching involves a series of one-on-one interactions between a manager or executive and an external coach. The goal of coaching is to equip people with the knowledge and opportunities they need to develop themselves and become more effective. Behaviour change is the goal of most executive coaching.

Meeting one-on-one with senior leaders within an organisation, the executive coach provides a safe, structured, and trustworthy environment in which to offer support for the individual. The coach also helps the leader understand their current competencies, see how they're perceived by others, and focus on identifying and clarifying current goals as well as the appropriate action steps to reach those goals.

Executive Coaching has the potential to transform any organisation, helping individuals, leaders, and teams to deliver organisational success. Individuals grow, leaders are empowered, and your organisation changes for the better when you coach your employees. Here at In Professional Development, we can ensure you realise your full potential.

In Professional Development has a wealth of experience in the field of coaching. Whether working with organisations through team coaching or working with individuals from first line managers to senior executives, our group of coaches are handpicked for their backgrounds, experience and coaching skill. Using a wide and deep range of coaching approaches we ensure coachees realise their full potential.

Our Coaching Services

- Executive coaching for individuals
- Executive coaching for organisations
- Bespoke and tailored coaching packages
- Coaching on demand
- Team coaching
- Manager as coach (training managers to use coaching techniques)
- Coaching supervision

Your Coaching Journey

To provide you with an overview of our coaching process, let's break down the integral steps involved:

- Consultation with the InPD Coaching Team
- Chemistry call with Coach
- Agreed Coaching Objectives
- Coaching Session 1
- Coaching Session 2
- Coaching Session 3

Sessions and Packages

- Our one-to-one sessions run for 60-90 minutes
- They can be delivered face to face if required (subject to an expenses agreement)
- We recommend 6 coaching sessions, however this can be tailored to suit your requirements
- Typically coaching sessions will take place 1 month apart, however this is up to the discretion of the coachee

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I loved all my coaching sessions with Priya. I found it very helpful and gained a lot from the sessions.

**Executive Coaching Client,
Anonymous**

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Kelly was extremely helpful, asked relevant and thought provoking questions.

**Executive Coaching Client, Head
of People, Barnardo's**

Behaviour change is the goal
of most executive coaching.

Executive Coaching for Individuals Package

- Chemistry call
- 6 one-to-one sessions with goal setting (our recommendation is to have 6 sessions)
- Review

Executive Coaching for Organisations Package

- Bespoke and tailored coaching packages
- Coaching on demand providing maximum flexibility
- Chemistry call
- 6 one-to-one session per coachee
- Review

Coaching Supervision

- Expert supervision for coaches
- Raise standards across the coaching profession
- Improve the impact of coaching within an organisation
- Include 1-to-1 and group sessions
- Uncover and work on coach blind spots
- Support coaches with ethical issues

Team Coaching

- Targeted toward increasing the effectiveness and cohesiveness of teams
- Delivered to a group of professionals working together as a team
- Utilises pairs of qualified Team Coaches
- Results focused

Benefits for the Individual

- Increased level of self perspective
- Increased engagement
- Deeper level of learning
- Build personal awareness
- Support for improving specific skills
- Resilience
- Better work-life balance

Benefits for the Organisation

- Motivate and engage team members
- Improve relationships and communications of employees
- Wellbeing management
- Improve overall performance and bottom line results
- Facilitate the adaptation of a new management style
- Greater ownership and personal responsibility



Leadership Coaching



Elevate Your Impact

Whether you're looking to drive organisational change or navigate through challenges, our leadership coaching is designed to enable leaders to achieve their peak performance.

Our coaches are completely flexible around the type of development or improvement you're looking for and can be dedicated to one particular challenge you're currently facing or ongoing professional development to help leaders unlock their true potential.

Why Leadership Coaching?

Looking to unlock your Leadership potential?

Our coaching encourages you to explore and define your unique style and approach to leadership, to deliver improved personal outcomes leading to better business results.

Working out what your vision is for your organisation?

Coaching sessions are a place to think strategically about the future of your team and organisation, identifying opportunities for growth and innovation. Your coach, as a thinking partner, will challenge you to envision and implement transformative changes.

Wanting to cultivate a transformative leadership mindset?

Learn to lead by example, fostering a culture of accountability, innovation, and resilience. We emphasise emotional intelligence and ethical decision-making, equipping you to navigate challenges and inspire your team.

Currently going through some organisational challenges?

As a thinking partner in a safe space, our coaches will help you to find the answers; whether it's implementing necessary change, navigating these challenges with your peers and/or team or planning the actions needed to overcome the obstacles in front of you.

Career Coaching



Empower Your Career Vision

Begin with clarity on where you want your professional journey to take you. Our Career Coaching helps crystallise your career goals and vision, enabling a focused, motivated and strategic approach to your professional development.

Every professional's journey is unique. Our sessions are personalised to your specific needs and goals, providing you with bespoke strategies and actionable insights to advance your career.

Why Career Coaching?

Navigate and Master Transitions

Change is an opportunity for growth. Our coaches work with you through career transitions, helping you to develop skills and strategies to navigate these phases successfully, whether you're moving up, shifting fields, or seeking to make a broader impact within your current role.

Build and Amplify Your Professional Brand

A strong personal brand distinguishes you in the marketplace. We assist in refining and communicating your unique value, ensuring you're recognised for your true strengths and capabilities.

Cultivate Strategic Networks

Expand your influence through strategic networking. Our coaching offers more than the usual focus on CV's and interview technique. Our coaches will encourage you to think about building and nurturing professional relationships that support your career trajectory and open doors to new opportunities.

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The coaching was excellent, great breadth and depth of conversation and it has left me feeling far more confident.

Executive Coaching Client, Anonymous

Meet Our Coaches

At In Professional Development, our team of executive coaches brings a wealth of experience, deep industry knowledge, and a passion for empowering leaders at every level. Handpicked for their expertise and diverse backgrounds, each coach is committed to supporting individuals and organisations in achieving meaningful, lasting change. Whether guiding senior executives, emerging leaders, or entire teams, our coaches tailor their approach to align with your goals and help you unlock your full potential. Get to know the exceptional professionals who will support your leadership journey.



Sarah Leach

Sarah Leach is an Executive Coach at InPD and Lecturer in Coaching at Henley Business School. With over 20 years' experience, she specialises in cognitive behavioural coaching, executive development,

and career transitions. Sarah is a published author and Professional Certified Coach (PCC), with a strong background in coaching for growth and change.



Darya Belsner

Darya Belsner is an experienced executive coach and facilitator at InPD, specialising in leadership, personal brand, stakeholder engagement, and operations.

With over 12 years of senior

leadership experience in the HR tech industry, she has supported clients including KPMG, Michael Page, Brunel, and Bupa. Currently serving as Global VP of Operations, Darya works across EMEA, US, and APAC regions, leveraging her expertise in business strategy, operations, and coaching to help individuals and organisations achieve long-lasting success.



Mihaela Diaconu

Mihaela Diaconu is an Executive Coach at InPD with 20+ years of experience across retail, engineering, and leadership development. She holds a Doctorate in HRM, an MSc in Organisational Psychology, and

is certified in a range of psychometric tools. Her past roles include senior OD positions at CIBSE and Oak Furnitureland, where she led programmes in talent, L&D, and culture transformation. Mihaela is a Fellow of the CMI and a Certified Business Psychologist.



Pierson Stratford

Pierson Stratford is a leadership and management specialist with 15 years of experience as a consultant and facilitator. He leverages coaching psychology to engage leaders at all levels, empowering them to

be, have, and do more. Highly experienced in talent development, Pierson has managed large graduate programmes and developed senior leaders for global brands, delivering impactful learning that turns knowledge into practical skills.



Nick Jerome

Nick Jerome is an experienced executive coach and Associate Principal Consultant at InPD, specialising in executive coaching, leadership, and strategy. With a background in sales and marketing,

he has worked with leaders across sectors including banking, legal, and tech. Nick holds a Diploma in Executive Coaching, a CIM Postgraduate Diploma in Marketing, an MBA from Keele University, and a Master of Arts in Coaching from Warwick. He is bilingual, delivering impactful sessions in both English and French.



Caroline Rennie-Griffiths

Caroline Rennie-Griffiths is an Leadership Coach at InPD, fluent in French and Spanish, with over 600 coaching hours and experience across sectors like IT, defence, and consulting. She is an ICF-accredited

coach and director of CRe8learning Ltd, where she designs and delivers leadership programmes focused on emotional intelligence, change, and resilience.



Priya Hunt

Priya Hunt is an Executive Coach at InPD with over 30 years of international experience in leadership, transformation, and customer experience across British Airways, BT, and Thames Water. She

holds an MSc in Coaching for Behavioural Change, a PhD in Leadership, and certifications from Henley Business School and the International NLP Trainers Association. Priya is accredited by both ICF (PCC) and EMCC (Senior Practitioner) and specialises in behavioural change and executive development.



Catherine Brown

Catherine Brown is an experienced executive coach at InPD and a former barrister with over nine years of coaching experience. An EMCC-accredited coach, she works with clients in legal, tech, and

public services, delivering insight-driven coaching and training focused on leadership, safety, and organisational culture.



David Clouston

David Clouston is an Executive Coach at InPD with a 33-year military career, including roles as Deputy Chief of Staff and HR leader in the British Army. He holds an MBA, MScs in Defence Technology and

National Security, and is a Chartered Director with the IoD. David is a certified executive coach, mediator, and Chartered Manager. Post-military, he serves as a Non Executive Director and continues to support leadership development through coaching.



James Willerton

James Willerton is an experienced executive coach with a strong background in commercial and operational leadership within high-growth SME environments. Having initially worked in executive

recruitment in the construction industry, he has since consulted with organisations of all sizes across various sectors. James provides a pragmatic and thought-provoking approach to leadership, helping leaders navigate today's challenges. He supports leaders in delegating decision-making and implementing coaching practices to drive sustainable growth and empower organisations.



Carolyn Murray

Carolyn Murray is an experienced executive coach at InPD, specialising in leadership development with a strong background in human resources and organisational change. She has held senior HR roles

at HarperCollins, Edinburgh College, and the University of the West of Scotland, where she contributed to strategic growth and people development. Since 2020, Carolyn has focused on consultancy, drawing on her extensive experience working with executive boards and leadership teams to support strategic development.



William McKee

William McKee is Coaching Director at InPD, specialising in executive coaching with a background in civil engineering, business psychology, and leadership development. Over the past decade, he has worked

with clients including British Airways, the NHS, and the Met Office, delivering practical coaching focused on culture, people, and performance. William holds an ACC credential from the ICF, teaches at Henley Business School, and is certified in team coaching, Time to Think, and psychometric assessments.



Kelly Beaumont

Kelly Beaumont is an experienced executive coach with over 10 years in financial services and a focus on women's health and leadership. Following her own journey as a senior leader and new mother,

she now specialises in raising awareness around women's health, delivering impactful webinars and programmes that empower women and those who support them. Kelly's sessions are informed by the latest scientific evidence, providing practical insights and guidance for personal and professional growth.



Abigail Gregory

Professor Abigail Gregory MBE is an experienced executive coach and associate consultant at InPD, specialising in leadership and business coaching. With a background in higher education

leadership and internationalisation, she now works with senior executives across the private, public, and third sectors. Abigail is a Fellow of the Chartered Management Institute and holds a Postgraduate Certificate in Executive Coaching from Henley Business School. She is also a Trustee of the Calder Valley Community Land Trust and an International Coaching Federation member.

Take the Next Step

Get in touch with us today for further details. Simply submit the form on the specific coaching option webpage you're interested in or email us at enquiries@inpd.co.uk.



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