



# Gillian Caroe

## Coaching CV

Mediator | Facilitator | Coach

### Profile Overview

I have been effectively coaching individuals and groups since 1999 and have a strong personal ethos about development and learning. I know first-hand the value coaching can bring having worked with high-quality coaches for my own development. I hold a Certificate of Professional Development in Advanced Transformational Coaching endorsed by ILM (Institute of Leadership & Management).

My business background and communication skills enable me to offer clients stimulus that help get results. I invest the time in understanding your desired outcomes and support you to develop an action plan that will meet your needs and optimise your performance.

### Contact



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### Professional Background

Before becoming a full-time mediator, facilitator and coach:

- I had a successful career in international business with Mars Inc. one of the world's top companies.
- I worked in UK, European and Global roles across 7 different business functions in 20 different countries.
- As well as establishing a successful track record in delivery, I developed a deep and broad understanding of business issues, interests and imperatives. I bring this wealth of experience into my practice.

### Personal Style

I come to the coaching partnership in a non-judgemental, supportive and collaborative way. I listen with empathy and reflect what I hear in a way that helps clients to make sense of what is going on. I encourage you to identify clear goals and we work together to explore how best to achieve them. We review progress so that development is measured and affirmed. I gently and effectively challenge when that is what is needed and offer accountability in a supportive way.

*"Gillian has equipped me with the skills and confidence to explore in depth my style of leadership. I will be forever grateful."*

Lucy Winter | Director, L'Arche London

### Areas of Expertise

- Conflict Coaching
- Coaching for Transitions
- Moving to Conscious Responses
- Enhancing Personal Effectiveness