



KATHRYN JEACOCK

Coaching credentials

Kathryn is a leadership and team coach, with over 15 years coaching experience having been introduced and trained to take a coaching approach within her HR profession. Kathryn has coached C-Level Leaders and Executive and Project Teams. She has also co-created leadership development programmes, ran leadership development workshops, set up internal coaching programs, developed organisational culture and communications. Kathryn has also won a Global Award for her Team Coaching using Action Learning with the World Institute for Action Learning. Kathryn is currently in the final stages of her MA in Coaching and Mentoring with Oxford Brookes and is a qualified WIAL Action Learning Coach.

Kathryn's coaching approach is client-led. Kathryn believes in the capability of her clients, creating an adult and respectful space. It's important to Kathryn that both kindness and honesty are key parts of the coaching experience. Kathryn will therefore champion but also challenge her clients, to unlock their potential and overcome obstacles. Kathryn has a natural and genuine curiosity to listen and understand people and their challenges. Problem exploration is a key feature of her coaching practice. So too, is learning through experience and reflection to support growth and development. Incorporating reflection with a goal orientation supports learning from experience.

Summary of Kathryn's Coaching Approach:

- Client Led
- Curiosity
- Kindness & Honesty
- Learning through experience & reflection
- Goal Orientated

Kathryn specialises in four performance areas:

- Executive Coaching
- Team Coaching using Action Learning
- Leadership Development
- People Practices (HR)

Her most recent coaching assignments include:

- Ryan O'Hara, Managing Director – C4S Search
- Joel Freedman, Regional Innovation & Design Lead – Satellite Applications Catapult
- Lorna Moles, HR Manager – Essentra Components
- Team Coaching – UK Space Agency, Satellite Applications Catapult, Tieta

Kathryn has monthly coaching supervision with a qualified supervisor and on completion of her MA in Coaching & Mentoring will be accredited with EMCC.

Her qualifications include:

MA in Coaching & Mentoring (2021), MA in Human Resource Management, WIAL Action Learning Coach, Team Psychological Safety Facilitator, Mental Health First Aider

