

## CAROL STEWART - LONDON



### OVERVIEW

Carol is an Executive, Career and Business Coach, Speaker, Writer and Facilitator, with over 25 years coaching and leadership experience. She coaches her clients to be influential and impactful leaders. She specialises in coaching women leaders who are introverted and has spoken in the UK and US on how best to support those who identify as introverted in their careers.

As well as improving their leadership effectiveness and thriving, Carol's clients have secured positions such as Chief Operating Officer; Head of Learning and Organisational Development; Director; leadership roles in other organisations; promotion (including to two positions senior) career change; overcome stress; improved self-confidence; overcome imposter syndrome; achieved peak performance; become confident at public speaking; and more. She is also a speaker and trainer for corporate women's employee networks and Black, Asian, Minority Ethnic networks.

Carol loves working with introverted women who are senior leaders and executives but aren't tapping into all they are capable of being and seeing the transformation once they've had coaching with her. They become quietly visible, exude presence, and lead with influence and impact in their own authentic way.

Carol has a saying that goes 'before you can lead others you have to be able to lead yourself' and she works with them from the inside out through the areas of poise, presence, positioning, performance and potential.

### COACHING APPROACH

Carol uses solution focused, evidence-based approaches. She challenges her clients to stretch their thinking and view situations from different perspectives in to increase their self-awareness and identify solutions. Dependent on the situation presented will determine which model or approach she uses. These include behavioural change, cognitive behavioural, emotional intelligence, strengths and other leadership models.

### BACKGROUND

Prior to starting her coaching business in 2012, Carol worked for the Ministry of Justice. Starting in one of the most junior roles, she progressed to a senior role with responsibility for a group of magistrates' courts and was a member of the Local Criminal Justice Board for 4 London Boroughs. Carol also volunteers her time mentoring women business owners in developing countries and is a school governor.

- Executive, Career, Leadership Coach, Facilitator, Trainer and Speaker - Abounding Solutions. September 2011 – Present
- Semi Regular Columnist - The Sheffield Telegraph. March 2019 – Present
- Group Court Manager - UK Ministry of Justice. November 1983 – September 2011

### COACHING AREAS OF EXPERTISE

- Women Leaders
- Introverted Women
- Career Change
- Being More Impactful in Existing Role
- Working with Organisations and their gender and Black, Asian and Minority networks
- Career Development
- Personal Development

### REPRESENTATIVE COACHING ENGAGEMENTS

- Senior executive, engineering – develop strategic communication, manage interpersonal relationships, and increase influence.
- Director, public sector – implement change and manage the fallout amongst employees and stakeholders.
- Middle manager, banking – develop leadership style, public speaking, and communication.

## TYPES OF CLIENTS COACHED

- Executives
- Senior Managers
- Middle Managers

## REPRESENTATIVE CLIENTS

- Asurion
- Barclays
- Crown Prosecution Service
- Department of Health
- Greater London Authority
- Institute of Chartered Accountants England and Wales
- London Borough of Croydon
- London Borough of Lambeth
- London Borough of Waltham Forest
- Metropolitan Police Service
- National Association of African Americans in Human Resources
- NHS England
- NHS London
- Royal Bank of Scotland
- Westminster City Council

## EDUCATION & QUALIFICATIONS

- University of East London - Master of Science (MSc) Coaching Psychology. Grade – Merit
- Certificate in the Pillars of Neuroscience for Coaches and Consultants
- Greenwich School of Management - Post Graduate Diploma Management Studies
- Institute of Legal Executives ILEX Parts 1 & 2 - Law

## PROFESSIONAL DEVELOPMENT & SUPERVISION

- Monthly peer supervision and quarterly formal supervision. Attends CPD workshops, training, and events.

## PROFESSIONAL AFFILIATIONS

- Fellow of the Institute of Leadership and Management
- Member of the Association for Coaching

## PSYCHOMETRIC & DIAGNOSTIC TOOLS

- DISC

## CLIENT TESTIMONIALS

*“Carol is a great coach! She knows how to drive you through the entanglement of your own thoughts and with a smooth process of questioning, challenging, reframing your ideas, she brings you to clarity. Just like a midwife would do, she helps you give birth to your own vision, guiding you until you translate it into an action plan. All of this, with a benevolent and professional way. I can only recommend Carol to anyone seeking for a pragmatic and efficient support to take actions towards their goals”.* **Joëlle Payom - Forward-thinking Procurement Lead | Sourcing | Transformation | Excellence | Risk | Governance**

*“Carol is passionate about elevating introverted women by giving them the tools to succeed whilst being true to themselves”* **Tsitsi Mutiti Chartered FCSI - Helping professional women achieve their unique wealth goals by creating an investment strategy that will serve them and future generations. | Wealth Management | Insuring Women’s Future Ambassador | Speaker**

## FACILITATION EXPERIENCE (E.G TOPICS, REPRESENTIVE PROGRAMMES, CLIENTS)

Facilitation of away days, round table discussions and leadership teams within the public and third sectors.

## ASSESSMENT EXPERIENCE (E.G TYPES OF ASSESSMENT (SELECTION, RECRUITMENT, DEVELOPMENT), PSYCHOMETRICS USED, EXAMPLE CLIENTS)

Shortlisting and selection interviews of junior managers, middle managers, and senior leaders within the public sector.