

LIZ BUCKLE



OVERVIEW

Liz is a masterful coach and trainer. She is one of the co-founders of the LftF coaching practice and author of the forthcoming book 'on-purpose conversations'. She is a business leader and board member in both the private and public sectors as well as running training and coaching companies.

Liz's coaching and training programmes develop others as a person and a leader. Her programmes inspire people to find meaning in their work; to envision the future; and to take action on their vision while building balance into their work and lives. She excels when working with individuals who want to create an alternative to the intractable problems of their current situations.

Her material is rooted in the latest thinking from the fields of human and leadership development. She is an experienced mentor coach who measures the impact of her work through tangible outcomes and business results.

COACHING APPROACH

Based on the new paradigms for how and why leaders grow, Liz coaches her client's to find meaning in their work; to envision the future; and to take action on their vision while building balance into their work and lives. She gives her clients the steps to grow in leadership capacity and confidence.

As the platform for her coaching, Liz develops accountable and dynamic partnerships with her clients. These are rich in trust and inspiration.

Liz has a laser-like instinct that helps individuals to go to the heart of any issue. This is one way she helps her clients to move beyond the intractable problems of their current situation. She helps them to build an extraordinary level of self and other awareness. They learn how to change their inner world dynamics, their mindset, in order to change their outer world. As a result, Liz's clients make distinctive improvements to their level of performance, in particular their level of impact and influence within the business.

BACKGROUND

Prior to becoming a coach, Liz has over 20 years' experience as a Board Director in both the private and public sector, leading organisations through business and economic storms. She has worked for global blue chip companies, including some of the world's largest organisations, as well as more local SMEs, often at the vanguard of changes.

COACHING AREAS OF EXPERTISE

- Impact and influence
- Stakeholder conversations
- Transition including stepping-up to board level leadership roles
- Work Life Balance
- Confidence and Motivation
- Leadership capability and capacity
- Emotional intelligence and resilience

TYPE OF CLIENTS

- Board members including Chairs and CEOs
- Senior Executives
- Directors, Managing Directors, General managers

- Vice Presidents and Senior Vice Presidents
- Heads of, managers and Team Leaders

EDUCATION AND QUALIFICATIONS

- BA (Hons) in English and American Studies – University of East Anglia, Norwich, UK
- Master NLP Practitioner, JSA, London, UK
- Senior Coach Practitioner (level 7) – EMCC accredited qualification, the OCM, UK
- Advanced Diploma in Executive Performance Coaching, Kudos, Oxford, UK

PROFESSIONAL DEVELOPMENT & SUPERVISION

- Liz participates in monthly, group supervision of 2 hours, by telephone, with her co- partners and facilitated by a trained supervisor
- She also attends monthly co-coaching meetings of 2 hours run by qualified supervisors and has reciprocation arrangements with fellow coaches for co-coaching.

PROFESSIONAL AFFILIATIONS

- Fellow of the Chartered Institute of Personnel Development (CIPD)
- Member of the Institute of Directors (IOD)
- Member of the Association of Coaching

PSYCHOMETRIC & DIAGNOSTIC TOOLS

- BPS registered psychometric profiler
- 16PF
- Saville Wave
- MBTI Steps I and II
- Cultural Transformation Tools
- Emotional Intelligence
- 360 Feedback tools and interviews

CLIENT TESTIMONIALS

“Liz is one of the best if not THE best coach and coaches’ coach I have had the pleasure of working with and being coached by.” **Simon Tinkler - Global Transaction Banking Group Strategic Investment Programme Director, Lloyds Banking Group**

“Liz achieved great results in teaching me how to coach subordinates and peers. She was insightful, provided good frameworks and had the depth of knowledge required.” **Bill Brandt, Director ASU LightWorks, Strategic Integration at Arizona State University**