

COACHING FOCUS



Alistair Elliott Coach Bio

TRAINER AND COACH

ABOUT

Alistair is an experienced Leadership coach working with Senior Managers, Directors and Board members. He has a strong Business background and blends his commercial experience with his desire to help people. He is passionate about delivering personal change.

He will carefully lead clients through a self-reflective process and help bring clarity & simplicity to what are sometimes complex issues.

COACHING APPROACH

Mindful that personal change is never a straight-line, he will work with you to find a way forward. With him you will develop your self-awareness and gain personal insight. He will empathetically support you through an exploration which will lead to developing a new direction for the future. His inquisitive style will help to pinpoint blockages and together you will discover new choices and ways forward.

BACKGROUND

Before working for himself Alistair worked for Tesco for 32 years. He experienced Commercial and Supply Chain/Distribution roles in the UK and Internationally managing large teams and budgets.

From 2002 he worked in the Leadership Academy, responsible for designing and delivering Leadership coaching & training to middle managers and senior Directors.



COACHING AREAS OF EXPERTISE

- Self-confidence and motivation
- Resilience through change
- Leading through values and purpose
- Creating strong relationships & influencing others
- Empathetic leadership
- Developing stronger impact

REPRESENTATIVE CLIENTS

- Tesco
- Asda
- 2 Sisters Food Group
- Collect+
- L & D
- NSF
- Booker
- Johnson & Johnson

EDUCATION AND QUALIFICATIONS

- Coaching Development Coach – ICF accredited
- NLP Licensed Master Practitioner
- Mindfulness Practitioner
- Situational Leadership accredited
- Strengthscope accredited
- Cognitive Behavioural Training & Therapy
- Gestalt Group Work
- Transactional Analysis (TA 101)

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