

Sheila Panchal

Executive Coach

About

Sheila is a chartered psychologist, with twenty years of cross-sector experience. Her career began in management consultancy, and she has primarily worked within global investment banking for the past thirteen years.

Sheila's work spans coaching, consultancy and coach training. A key focus is transition coaching for leaders, new parents and female talent. Her expertise lies in helping individuals to negotiate personal and professional transitions, through personable, authentic and pragmatic coaching.

Experience

Sheila has coached hundreds of women through the maternity transition and supported female talent to balance the dual roles of work and family.

She increasingly works with fathers, and career returners transitioning from longer breaks.

As a leadership coach, she works with senior leaders to negotiate key transitions such as new roles, promotions and international moves. She enables them to reflect on their style, brand and career direction, and above all, maintain well-being.



Approach and Focus Areas

Sheila's coaching approach is evidence based, informed by the coaching, positive and developmental psychology fields. She often makes use of psychometric tools such as MBTI, VIA and the Hogan suite.

As a consultant, Sheila advises on large-scale diversity and culture change initiatives, as well as team development. As a coach trainer, she has upskilled both external and internal coaches. She is also a visiting lecturer at Westminster University.

Sheila offers coaching, consultancy and education workshops, on a range of development topics, including:

- Leadership development
- New parent coaching
- Culture change
- Well-being support
- Coach training



Professional Qualifications & Accreditations

Sheila has a BSc (Hons) in Psychology from Leeds University (First Class), and a MSc in Occupational and Organisational Psychology from UMIST (Distinction). She is chartered by the British Psychological Society.

She holds a Professional Development Certificate in Coaching Psychology from the University of Sydney, and Level A and B (Intermediate) Certificates in Psychometric Testing.

She is both accredited by, and a Director of, the International Society for Coaching Psychology (ISCP). She is co-founder of the Centre for Positive Transitions.

Publications

Change and transition has been a consistent theme throughout Sheila's academic career, from how to deal with stressful aspects of M&A situations, to handling significant life changes.

Two key publications are as follows:

Developmental Coaching: Life Transitions and Generational Perspectives – co-edited with Professor Stephen Palmer (2011)

Turning 30: How to get the life you really want – co-authored with Ellen Jackson (2005)

Testimonials

"Sheila was instrumental in helping me move to the next level in my career. She has a depth of experience in coaching at the executive level & can really help fine tune your delivery & approach to enable success at board level."

Managing Director

"Sheila is a highly skilled coach & L&D professional. She also has a robust understanding of organisational development principles & how to bring about positive change in organisations. In her coaching work her knowledge & understanding of life & career transitions has proved of enormous value to those facing the challenges of work life balance, joining a new organisation or stepping up into stretching situations or roles. Every team I have seen Sheila join has been enhanced by her knowledge, experience & supportive nature. In short, she is a joy to work with & I have seen her add significant value in whatever situation she is placed."

Head of Talent (Operations, Services & Technology)

"Sheila was extremely professional & welcoming. She listened & effectively worked through the discussion to come up with some concrete actions. Most importantly it was helpful to have an independent sounding board & activist on your side."

Maternity Coach

