



Kelly Frost Coach Bio

TRAINER

ABOUT

Kelly is a coach with huge passion, energy and drive, she has experience of consistently delivering results particularly in dynamic markets and within a growth environment.

Driving performance and change through leadership and people has been at the centre of Kelly's career. Having spent over 20 years working for large international organisations, across a wide range of markets and industries in public, private and not-for-profit sectors, Kelly has a deep understanding of the impact effective coaching can have on individuals and businesses.

EXPERIENCE

Kelly's experience operating at a strategic level with global understanding, has come from her HR leadership roles in companies including Honeywell, BAA and BSI Group. Through this, Kelly has gained extensive experience in delivering change, and adapting and flexing her style to meet the cultural needs of the client. In her last HRD role with BSI Group, Kelly was accountable for the Asia Pacific region, which provided her with valuable experience coaching Asian senior leaders and leaders of multicultural teams experiencing significant growth in highly competitive markets.

APPROACH

To gain a thorough understanding of any coaching situation, Kelly builds rapport and trust quickly, using her experience, commercial acumen and coaching ability to enable individuals and organisations to



optimise their performance. With a consultative and collaborative approach, Kelly uses her coaching skills and techniques to build an effective relationship with the client, exploring and understanding their motivations, values, issues and the challenges that they are facing. Kelly leads the coaching conversation where clients are able to work through and thoroughly discuss options, then identify and agree actions. Through this, to achieve the individuals and business objectives that the client wants, Kelly enables her clients to understand the extent of change required and helps them understand how to overcome any perceived barriers and/or challenges stopping them from performing and achieving their desired results.

QUALIFICATIONS

- ILM Level 7 Certificate in Coaching
- Chartered Fellow of the CIPD
- Myers Briggs (MBTI) qualified practitioner
- Predictive Index qualified practitioner
- Postgraduate Diploma in HRM
- BA in Business Studies

Kelly has strong professional integrity and uses the Association for Coaching and EMCC global code of ethics for her coaching work with clients.