

Lara Roche Coach Bio

ABOUT/PROFILE

Lara is an experienced Executive Coach of 15 years, working across the full range of challenges and opportunities executives can have.

She predominantly coaches Leaders and Managers and fully appreciates their perspective having managed teams, led departments and been a Board member herself.

Lara's coaching helps people to gain new insight and then create practical actions that start to make the difference immediately.

COACHING STYLE

Lara qualified in a range of coaching models meaning she uses these flexibly to really make the difference for each coachee.

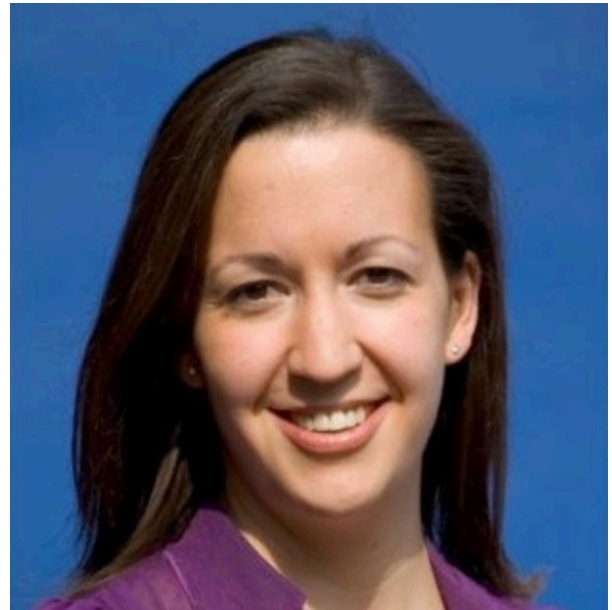
Her background in Psychology coupled with her decade spent at Board level heading up HR/Talent within organisations means she is expert at achieving win-win for the individual and for their organisation.

SECTORS AND ORGANISATIONS

Lara has worked extensively across many sectors including media, telecommunications, civil society including media, telecommunications, civil society and charity.

Typical examples of Lara's executive coaching work include working with individuals to:

- Make a big leap into new levels, work or opportunities
- Overcome a barrier in the work or in their own mindset and approach
- Successfully combine work and parenthood



QUALIFICATIONS

- Chartered Fellow CIPD
- PDip Coaching and Mentoring – CIPD
- MA HR Management & Development University of Westminster
- BSc (Hons) 1st Class Psychology Cardiff University
- Strengthscope– Accredited Practitioner

RECENT CLIENTS

Lara has recently been working with clients such as: Southern Water, The Science Museum Group, Universities UK, Feed, The Royal College of Radiologists, Dare, United Response, The Museum of London and Rising Vibe.