

## Sarah Lock Coach Bio

### Coach & Facilitator

#### ABOUT

Sarah has always been fascinated by people; what makes us tick, what makes us happy, what fulfils us? Why do some people succeed, while others are held back from living their best life?

This is what drives Sarah to help people thrive and achieve greater levels of success.

#### PROFESSIONAL BACKGROUND

Over the last 25 years Sarah's interest in people has taken her across the UK, Europe, USA and Asia, working with clients in a range of sectors including financial services, technology, hospitality, energy and retail.

Sarah has coached some terrific individuals and teams, from board members and CEOs in large organisations, to entrepreneurs and graduates - all with their own unique challenges and perspectives.

By applying the best thinking about leadership, learning and change, Sarah creates practical solutions which help individuals and teams perform better. This includes coaching intensives, where Sarah creates lasting change, together with her client, in just one short week.



#### APPROACH

Sarah prides herself on understanding her clients - every person and organisation brings a unique set of challenges. By tuning into what's happening for her clients quickly, she works to create practical solutions that transform performance.

Her approach is challenging. Deep relationships allow Sarah to ask the difficult questions, and her clients know it's asked with positive intent. Challenging and supportive, she will hold the mirror up to what is holding people back, then explore the answers to achieve the goals.

Sarah acknowledges that it isn't always easy to deal with the truth but will never sugar-coat. She is straight-talking, direct and clear, with the aim to getting more done.

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### TESTIMONIALS

"As the CEO of a fast-growing global organisation, my focus and mind can cloud. Working with Sarah helps me to clear the fog, maintaining focus whilst balancing my own human needs. The results are fantastic. I get better performance from my management team and hit targets sooner."  
*Andrew Wright, CEO SmartPA*

"Sarah helps organisations looking to reach the frontier of consistently high performance. I've seen Sarah repeatedly increase the effectiveness of a diverse range of individuals and teams. Her innovative, commercial, collaborative, empathetic and responsive approach can help colleagues and teams achieve something extraordinary; working as coach, facilitator and catalyst, Sarah strengthens core purpose, values and performance. What's more, with Sarah it's always great fun."  
*Martyn Beauchamp, CEO and MD*

"Sarah is a consummate L&D professional, exceptional at coaching and helping others leverage their strengths to come up with solutions that work for the business. Sarah brings lasting exponential value to the learning projects she works on – individuals & the organisations Sarah works with will certainly see immediate returns for her expertise."  
*Dr. Alka N. C. Pinto, Tesco Bengaluru*

"One of the most effective coaches I have seen – Sarah gives time, shows patience and listens carefully. This wins trust and encourages others to seek Sarah out as a go-to mentor and coach. Impressive, valuable, no-one better in my judgement."  
*Sharon Brown,  
Director Autograph at Interserve*

"Focused, attentive, emotionally connected – Sarah demonstrates the most effective coaching and facilitation skills. She has a great ability to help individuals and teams navigate and make sense of ambiguous and complex issues in real time and in the right way."

*Therese Procter,  
Chief People Officer (FCIPD)*

The crux of a great coaching relationship is connection. Sarah really cares about getting inside your head and understanding you as a person. She is a pure injection of energy and empathy to help give new focus to solving and sorting your business problems."

*Julia Cattanach,  
Chief Risk Officer Experian*

"Sarah has demonstrable experience in a range of coaching scenarios. She works at all levels and has supported and positively contributed to many colleagues at different times in their career story. Sarah builds trust, quickly developing insight to build a framework of thoughts, points of view and actions that create a meaningful outcome. Sarah intelligently guides the discussion, always mindful of the pace and comfort of the participant, whilst judging the level of challenge and intervention required to find those breakthrough moments."

*Gurpreet Panesar,  
Associate Director HSBC*

"I wouldn't be where I am today without Sarah's support, guidance and mentoring. Life was beginning to get a bit stale until Sarah and I crossed paths. She offers an approach to leadership and coaching which is as thought-provoking and insightful as it is inspirational. Her engagement style is first class and strikes a fantastic balance when supporting you through personal change."

*Graham Pringle,  
Fraud & Risk Operations, Amazon*