

Angela Armstrong's private coaching credentials

A client said recently *"you see things from my perspective and seem to care about me as well as the results"*. It's true. I want to support people to succeed in all areas of their life.

Coaching is a confidential, constructive and non-judgemental dialogue aimed at encouraging, supporting and challenging my clients to be, do or have whatever they want from life. I establish rapport so that clients feel at ease to discuss where they are now and where they'd like to be. We then explore all the possibilities open to them and I guide my clients to achieve their goals, their way.



Experience

Angela has had a keen interest in people development and personal development since her first career in teaching and training almost 20 years ago. Her career has evolved over the years through IT to project management, change management and now leadership development.

Angela's role and the industries in which she has worked have varied but there has been a common theme of helping others to achieve their personal and professional goals. Becoming a qualified coach with her own company was a natural next step.

Angela has been a trainer, mentor, career counsellor or coach in some capacity for her entire career. She has worked with a broad range of clients with diverse backgrounds, outlooks and aspirations. Her clients share a common sense that some aspect of their life is not as they'd like it to be and they are willing to make some changes to achieve all that they want.

Some examples of topics clients bring include: work-life balance, career change and progression, self-confidence, relationships and building a business.

Coaching via telephone or skype is easy to fit in to busy lifestyles and Angela's clients are always astounded at the tremendously positive impact coaching has on their lives in such a short period of time.

Coaching can be a real catalyst for anyone who wants support to achieve all they want in life. You have to do the work, but Angela can help you find the way and keep you on track.

Outside of work Angela's passions include travel, great food, autobiographies, being outdoors, having friends over for dinner and generally enjoying the adventure we call life.

Professional Expertise //

In addition to coaching managers and leaders at all levels Angela delivers 1-day training courses on building trust, personal resilience and leading change.

Selected Client Companies ////////////////

Private Sector: Accenture, BT, Barclays
Public Sector: DWP, HRMC, UKBA
Small businesses: Obsession Salon & Spa
Numerous clients who are self-employed.

Qualifications //

BSc, PhD, MBA
Diploma in Personal Performance Coaching (Distinction)
Diploma in Corporate and Executive Coaching (Distinction)
International Coach Federation (member)

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“ From sometime cynic to convert in 9 thought provoking, sometimes difficult, self-exploratory, confidence building, me-empowering, now-we're-really-moving sessions”

- Sara, author