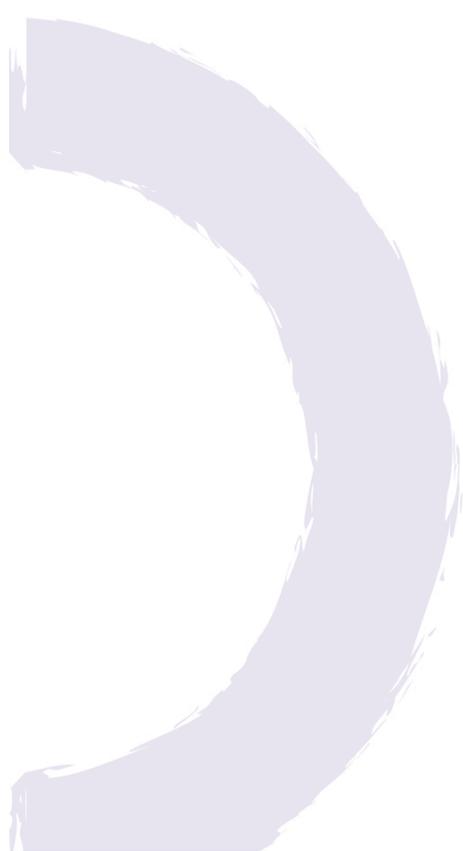


Siân Bryant – Coach Profile

Siân Bryant Consulting Limited



Overview and Background



I am the Director of Siân Bryant Consulting Ltd providing Executive, Leadership and Personal Coaching alongside HR Consultancy, leadership and management development training.

My passion for the freedom to develop others, coupled with a need to enjoy all aspects of my life, inspired me to set up my own business in 2008. This followed a career in the corporate environment spanning over 20 years, working for Marks and Spencer, Somerfield and Nationwide, where I held a number of senior management posts, mostly in Human Resources, but with some challenging line management roles too.

Until recently I also held a Board position for a Bristol based charity called One25, who provide vital outreach services to female street sex workers.

Coaching

I passionately believe in the power to change, improve and develop, no matter what stage of life you are at. I feel that it is important to develop a sense of self, and an understanding of how we show up in all manner of differing scenarios, including at work.

Many of us spend a lot of time in work, and being able to be the best we can be at 'being us', is what it is all about for me. I have seen too many examples of people 'leaving themselves at the door' when they come to work, and feel concerned by the rising levels of stress related health issues, as many are pushed beyond their limits and seek to conform in a way that causes them to lose who they really are. I am a real lover of all that life has to offer and want to support others in achieving the goals that matter to them.

I will help you to work out what is important to you and how you can really make the most of your unique talents in your work and in life in general. I will use an approach that works for you, respecting your uniqueness.

I also believe in the power of responsibility and all that comes with that. I will encourage and support you to take responsibility for your own outcomes and your ongoing development. When we take responsibility for ourselves and our development, the world becomes a place full of possibilities.

Areas of Coaching Expertise

• Leadership and Executive Coaching	• Coaching for Senior HR Professionals
• Transition Coaching	• Female Leaders and Executives
• Navigating Organisational Politics Coaching	• Self Esteem and Confidence Coaching
• Maternity Coaching	• Resilience Coaching
• Emotional Intelligence Coaching	• Relationship Management Coaching

Quality Assurance

Qualification

OCM Advanced Diploma in Professional Coach Mentoring, EMCC Level 7.

Membership of Professional Organisations

EMCC, I work in accordance with their code of ethics. I am also a member of the Chartered Institute of Personnel and Development (CIPD).

OCM Alumni – I participate in regular professional networking communities and attend annual conferences.

Supervision

My Coaching Practice is supervised by Anna Duckworth.

Mindfulness

I have a regular Mindfulness Practice myself and can support clients to develop this too. As part of a wonderful team I teach Mindfulness Retreats at the beautiful Bonhays in Dorset and clients are always welcome to come on these.

Diagnostic Tools

MBTI, FIRO B, Emotional Intelligence Profile, Good Boss.

How Do I Work?

I am dedicated to the people I work with and will be committed to helping you to achieve your goals. I work to ensure that we develop a strong rapport and high levels of trust from the outset of our work together and this allows us to 'hold and support' the coaching process. The opportunity for challenge and real exploration of 'what is' then becomes possible.

As a compassionate and insightful, supportive and challenging person, I also consider myself to have a good sense of humour. I want what is best for you and will support you in identifying how to be at your best in an environment of many competing demands.

I will support you to develop an ongoing practice of reflection, and my measure of success is when you can continue our work by yourself; you learn to self-coach and our work together is done.

Beliefs

- Showing integrity in all that I do.
- To be compassionate to others - we are all as we are because of our experiences in life. We all face battles.
- No one is perfect, nor should we ever try to be!
- Deep satisfaction comes from understanding and accepting ourselves.
- If we can find meaning in our life experiences we are able to grow and support others to do the same.
- It's never too late...

Others Have Said...

"Siân is a true inspiration. I had mentoring with Siân for nearly a year, and coaching for the latter part. The benefits were clear whilst my programme was underway and I was able to transfer my learning into the workplace. When I moved roles and was challenged in new ways I could see how much I had progressed and how invaluable my work with Siân had been.

Now when I am faced with something I am unsure about, one of my first thoughts tends to be "What would Siân ask me?" in order to move forward. Siân is skilful at creating a safe environment in which to explore issues, genuinely listens to fully understand them, and is flexible in her approach.

Siân is objective, considered and holistic – she really can see all sides of the equation and encourages this way of thinking. I have learnt a tremendous amount that I will continue to use, from increasing my HR and business knowledge to how I interact and work with others."

HR Manager, Bristol

"I didn't know anything about the business coaching process and admit to being slightly sceptical at first. Yet one year on I am in no doubt that Siân's input has hugely influenced my work performance and satisfaction. Others have clearly noticed the improvements also, I just had my appraisal and my boss commented on the areas Siân and I had worked on without prompting from me.

I would recommend working with Siân without hesitation. Any decision around the value for money for any business in terms of productivity return to me would be an easy one."

GP, Medical Director and Entrepreneur, Hampshire

Website

www.sianbryantconsulting.co.uk

Blog/News

www.sianbryantconsulting.co.uk/news/

Contact

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