

Sonia



Sonia has a strong track-record in coaching partners in one of the Big Four accountancy firms, where she has focused particularly on leadership impact and communication. With a specialism in coaching senior female leaders, much of Sonia's coaching has focused on C-suite presence and impact.

Prior to qualifying as a coach Sonia worked principally in leadership and management development. Her track record with organisations as diverse as Waitrose, the BBC, Horizon Nuclear Energy, Lloyds of London and KPMG enabled her to develop an insight into the challenges and rewards for leaders in tough business environments. Sonia's early career was in theatre and she brings a wealth of experience in terms of performance and presence to her coaching work.

Sonia has a passionate interest in education (another early career path) and works on a pro bono basis with leaders in education. Here her work is often in the area of resilience and career planning.

Specialities

- Pitching, presenting and presence
- Resilience
- Networking and engagement
- Leadership communication
- Women in business

Coaching Style

Sonia's coaching style is warm but robust. Working especially with leaders and high-potential individuals she focuses on strategies that enable their voices to be heard above the corporate clamour. A rigorous approach, grounded in the most current development practice leads to rapid and tangible results – Sonia's style appeals to busy people keen to make efficient use of their time. Sonia particularly enjoys her work with women in leadership, enabling them to navigate their careers, often through difficult periods of transition.

Read on for details of Sonia's Training & Qualifications, Interests and Testimonials.

Training and Qualifications

- ILM Level 7 Certificate in Coaching and Mentoring
- Higher Diploma (Acting) – The Webber Douglas Academy
- International Coaching Federation – associate member

Interests

Walking
Cooking
Travel

Testimonials

“Sonia encouraged me gently to step outside of my comfort zone, she supported me throughout our coaching sessions with an appropriate level of challenge.”

“Sonia is a natural coach, her warmth and ability to build rapport instantly put me at ease.”

“I have just landed the first pitch for my ‘new’ company. As I sit here and write, I realise I could not have done this without your help. Thank you.”

“I enjoyed talking through my business and my own self-esteem with a professional, unbiased person. I finished our sessions feeling a lot more positive and confident in myself than before I had arrived. I therefore always looked forward to the next session with Sonia.”