



About Heather Monro

Heather is a qualified executive coach and leadership development consultant with a passion for helping people and organizations to think, bring fresh ideas to life, grow and thrive.

Drawing on a teaching qualification, a highly successful career as a world class medal-winning athlete, and experience in a 3rd sector leadership role, Heather's work is underpinned by a unique experience of what it takes to perform at the highest level, to work effectively with a team under extreme conditions and to succeed in unfamiliar environments.

Heather has been coaching and facilitating professional development for 10 years; working with successful professionals to help them close the gap between performance and potential. Her wide-ranging experience includes global multinationals, corporate, public and 3rd sector organisations, senior leaders, Olympic athletes, middle managers, graduates, volunteers and young people.

Heather brings a blend of positive energy and commitment, playfulness and professionalism, compassion and commitment to excellence to all of her work. Her facilitation style is practical, high energy and experiential.

Examples of Heather's work

- Facilitated "Personal Leadership" programs and executive coaching with high performers in a leading global strategy consultancy
- Facilitated leadership skills for a leading UK business school

Accreditations

- ILM L7 Diploma in Executive Coaching (EMCC approved)
- MBTI® Step I & II -Qualified Practitioner
- Hogan Certified Practitioner
- Transactional Analysis 101
- Mindfulness Association Practitioner Certificate
- NVC Foundation Training
- The Science of Happiness at Work
- Thinking Environment® Foundation and Thinking Partnership Certificates