

Mindset, resilience & wellbeing facilitator and coach

Chris is based in Bournemouth, Dorset and has built his career around a love of seeing people grow and develop. He has over 20 years experience of delivering results through development and has facilitated immersive online learning for more than 8 years.

After focusing much of his career in financial services, Chris then went on to also support other private sector organisations as well as public sector and not-for-profits since 2012.

Chris helps participants to focus on actions they can take, rather than focusing on what they can't change. Using accelerated and blended learning techniques, his approach appeals to many different styles and makes sure that everyone is included in the learning.

With a natural and friendly facilitation style, Chris is able to easily engage with people so that he can truly personalise their learning. He provides development that is engaging, interactive and challenging with an approach that is innovative yet simple; it's not about the tired models and theories and always about making a difference back at work.

Knowledge and skill alone don't help people to become adaptable and resilient. For Chris, it's just as important to challenge and change mindsets as it is to build the required skillsets.

Chris holds the CIPD Postgraduate Diploma in Human Resources Management and Certificate in Learning & Development. He is also an accredited Clarity4D business partner. The support he provides is grounded, performance enhancing and business focused.

**Why wait any longer to provide practical and supportive development that strengthens mindset and gives your people the skills they need to be successful for themselves and your organisation?**

## Facilitation expertise:

- ▶ Mindset management
- ▶ Resilience building
- ▶ Wellbeing strategies
- ▶ Leadership and management
- ▶ Emotional Intelligence
- ▶ Conflict resolution
- ▶ Teambuilding
- ▶ Communication skills
- ▶ Personality profiling

## Clients and sector experience:

- ▶ Zurich - financial
- ▶ Vitality - financial
- ▶ Old Mutual Wealth - financial
- ▶ Canopus Insurance - financial
- ▶ Sun Life - financial
- ▶ HSDC - education
- ▶ University of Southampton - education
- ▶ Durham County Council - public
- ▶ Stonewater Housing - not-for-profit
- ▶ Community Gateway - not-for-profit
- ▶ Farrow & Ball - retail
- ▶ EE - telecomms
- ▶ John Hodge Solicitors - legal
- ▶ Amica Technology - IT

## Qualifications and accreditations:

- ▶ CIPD Postgraduate Diploma in HR Management & Development
- ▶ CIPD Certificate in Learning & Development
- ▶ Clarity4D Accredited Business Partner
- ▶ Level 2 Certificate in Counselling Skills (CPCAB)
- ▶ Level 3 Certificate in Counselling Studies (CPCAB)
- ▶ Level 4 Diploma in Therapeutic Counselling (CPCAB) - currently studying

