



consulting development coaching modelling targeting e-knowledge



Associate Profile

Lizzie Holden

Lizzie Holden is an independent consultant coach and Associate of Ranmore. She has considerable experience of coaching, both in the UK and internationally and across a range of sectors including the NHS, pharmaceuticals and financial services. She has lived and worked in several countries including Spain, Denmark and Mexico. Prior to moving into coaching she worked as a senior level learning and development specialist in HSBC and for the Homerton NHS Trust in London. She is fluent in Spanish and has provided skills coaching for medical staff in Barcelona.

Professional & Academic Qualifications & Professional Positions

- Masters in Education (distinction)
 - *Manchester University*
- BA (Hons) in Politics, Philosophy & Economics
 - *Oxford University*
- ICF Accredited Advanced Diploma in Executive Coaching
 - *Academy of Executive Coaching*

Approach

Lizzie's approach to coaching is based on the following principles:

- Build the relationship
- Help the client to understand all the data from a range of perspectives
- Bring a systems perspective to the clients reflective process
- Empower the client to act so that they create a difference

Her style has been described as: insightful, intelligent, wise, warm, reflective, challenging and humorous. One client described her as follows;

"Lizzie has been an excellent coach and support to me over the last three years. She has really helped me develop new techniques to improve my effectiveness with my team, my peers and most importantly those higher up the organisation. What I really appreciate about Lizzie is that she doesn't tell you what to do, she has a great way of helping you work things out for your self. She always makes time when needed and she is incisive, thought provoking and knowledgeable. I know I have really benefited from our coaching time together."