



Associate Profile Sarah Carrington



Sarah works with leaders and leadership teams to strengthen their performance and achieve competitive advantage. She brings challenge, support and an enquiring mind. For 20 years Sarah was a successful leader in Unilever, a top FTSE100 company. She has extensive business experience across Strategy, Marketing, Sales, Manufacturing and Supply Chain, and understands the complexities which working with people across functions, geographies and hierarchies can bring.

Throughout her career Sarah has led teams through periods of significant change and as a consequence she brings a wealth of experience in this area to help leaders to better understand their own process of transition and that of their teams.

Sarah has extensive facilitation experience as a Faculty Leader for the Practitioner and Senior Practitioner Diploma programmes at the Academy of Executive Coaching (AoEC) where she has facilitated learning and insight for over 500 people since 2008.

Qualifications/Experience

- Master Practitioner Diploma in Team Coaching
- Advanced Diploma in Executive Coaching
- Honours degree in Business Studies
- Post-graduate Diploma in Management, Henley Business School
- Neuro-Linguistic Programming (NLP) Practitioner

Specialist Areas

- Coaching skills for Leaders and Managers
- Feedback
- Change
- Building High Performing Teams

"I have really enjoyed working with you through this programme – you have real strengths as a trainer in your calm and composed presence, you clearly know your stuff, deliver it clearly and you tailor to the needs of the group. You have a genuine warmth and demonstrated care for us and our learning. Sarah did a tremendous job in providing a thoroughly enjoyable learning experience, sensitively run and with plenty of fun to keep the energy levels up



CAPITA SIEMENS

