



Coach Profile Simon Grayson



Simon is a Learning and Development professional with extensive and varied international experience, working closely with management and leadership teams at all levels to deliver real business improvement through their people. He started his career as a Salesman before starting his roles in management and leadership in 1998 where he realised his love of people development. His energy and motivation is born out of a passion to see and experience other people maximise their potential. Simon is a results-oriented person with a proven track record across highly competitive industries including international sport, automotive, retail, and technology. Using his experience with psychology, NLP, psycho-physiology, coaching, and training course delivery of management and leadership techniques alongside his upbeat and positive nature, he quickly puts people at ease whilst supporting individuals and teams to achieve their goals.

Underpinning Simon's coaching sessions is his ability to build trusting partnerships with his clients which provides a safe, confidential environment for reflection and increased self-awareness. The experience of living and working in different countries has enabled him to provide a more well-rounded approach. Through his style of objective challenge - using his intuition - and honest feedback Simon's clients often gain a new perspective; a sense that things that previously seemed impossible may now be possible. Simon provides his clients with an opportunity to identify, explore, and utilise resources to maximise future opportunities.

Qualifications/Experience

- Accredited Executive Coach – Academy of Executive Coaching
- BSc Psychology
- NLP Practitioner
- Insights Practitioner
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Specialist Areas

- Understanding personal purpose/meaning
- Performance blockers
- Overcoming challenges
- Transitioning into Management
- Personal impact
- Transformational and behavioural change
- Managing difficult relationships

"I've had lots of coaching over the years but this is the first time I've experienced the power of coaching."

