



Coach Profile Sonia Gavira



Sonia has been working as an executive and leadership coach, consultant and trainer since 2000. With a background in Marketing and HR to director level, her career to date has enabled her to manage large scale projects across international boundaries.

Today, Sonia's interests lie in the development of leadership capabilities and behaviours particularly with a view to enabling leaders to create cultures of engagement within their businesses that will result in engaged customers. As an executive coach she works mainly at Board and Executive Director level. She helps her clients find the confidence to lead and manage others more effectively, and through her passion for people development, her great intuition and ability to create trust and rapport with people at all levels, she is able to inspire individuals and teams to achieve great results. With her experience at board level, she has a practical understanding of the issues facing leaders today.

Qualifications/Experience

- PCC ICF accreditation
- Executive MBA - Ashridge Business School
- Certified European NLP Coach - ITS
- Master NLP Practitioner - ITS
- Life Coach - Coaching Academy
- Speaks Spanish and French

Specialist Areas

- Strategic leadership capability
- Leadership behaviours
- Communication
- Preparing for a new role
- First 90 days
- Career planning
- Remote leadership

"Sonia and I worked together when I had taken on a new role at Grant Thornton as Head of Financial Services. Sonia was particularly able to help me think through and develop the strategy for the business and for myself. I would highly recommend Sonia as a coach for anyone in a leadership position."

Clarks

