



Rachel Walden

QUALIFIED COACH

Why work with me?

Taking a holistic view of you as a leader in the context of the wider team and organisational environment, the focus is how to flex, thrive and be authentic. My style is to help unlock your own resourcefulness through provocative inquiry and respectful challenge, encouraging experimentation with different perspectives/approaches. This is underpinned by mutual trust and curiosity.

3 things you should know:

- I'm pragmatic and future-focused
- I've lived and worked globally, hence my curiosity and bringing diverse perspectives to coaching
- My happy and reflective space is by the sea (and even surfing in it)

About me

I've got 35 years' international business leadership and talent development experience in multiple industries (including finance, energy, technology, construction and professional services, public and private sectors).

I have a passion for coaching and unlocking individuals' potential which began 25 years ago when developing my own teams, and then as executive coach within organisations as part of leadership development and succession management process.

My experience

I've worked with Senior Executives, Directors, Senior Managers and future leaders to:

- Build executive presence and influencing skills to engage senior stakeholders and drive change
- Adapt communication or leadership style to improve impact, brand & strengthen team engagement
- Balance big-picture strategic thinking and operational effectiveness

Testimonials

"Rachel's deep expertise and insightful approach enabled me to understand my distinctive value more fully, identifying clear steps to progress and explore new opportunities. She brings a unique blend of empathy, challenge and thoughtful guidance"

My approach

I'm experienced in helping leaders transition into expanded roles, developing strategic and influencing skills, whilst empowering high performing teams around them. As a Senior Leader in highly matrixed, complex and dynamic organisations, my expertise lies in helping leaders to adapt to and thrive in their wider system, driving transformational change (the process and human element of navigating ambiguity).

My ongoing coaching education and research underpins evidence-based approaches to driving behavioural change.

Qualifications & accreditations

- Professional Certified Coach (PCC) with ICF (International Coaching Federation)
- Advanced Accredited Team Coaching (AATC) – ICF accredited
- MSc in Coaching and Behavioural Change
- Hogan Leadership and 360 assessments
- Leadership Effectiveness (LEA) 360 certification
- DiSC profiling accreditation

"I have engaged with Rachel to provide Exec coaching to Directors within the business. She engages with the wider business to understand the context and coaching objectives. Consistent positive feedback includes leaders finding the process challenging and supportive, with line managers reporting enhanced performance"