



Victoria Hormigo

EXPERIENCED COACH

Why work with me?

I'm passionate about working with people to explore and focus on what it is they really want right now and what being successful with this will look like for them. I like to support with challenging limiting beliefs and help to reframe challenges into opportunities, then support in identifying an action plan of how they are going to turn what they want to achieve into reality.

3 things you should know:

- I'm a keen runner and yoga enthusiast
- I love travel and food – both the cooking and the eating!
- Family and friends are at the heart of nearly everything I do

About me

Starting my career in scientific research from the outset I was involved in coaching and mentoring others including providing guidance and support to multiple individuals experiencing global business transformations. As I transitioned into Management Consultancy, I increased my exposure across a wide variety of industries including defence, civil engineering, healthcare and IT/Financial services, where establishing business and customer needs were always the priority. I also ran my own small business delivering professional services to support business transformation programmes and the implementation of quality management systems.

My experience

Initially my coaching experience was supporting Heads of Departments and Line Managers with business transformation. This included new system implementations, cultural differences and succession planning. Following my MBA in 2019, I've also gained experience working with early careers and graduates. I'm also a voluntary coach/mentor for graduates across Reading University supporting students with their final stage interviews for post graduate employment.

Testimonials

"Victoria's amazing, she somehow knows the right things to say about everything. Thank you!"

My approach

As a coach, my main aim is to provide a sounding board opportunity for coachees to share and download concerns, challenges and opportunities they may have. I have a relaxed manner, typically working with individuals via gentle conversation and sharing of my own experiences, where relevant, to help them to identify what their real topics of interest are and not the superficial topics that often are easy to recognise, and that they initially think they're there to discuss. When working with others, I aim to provide different perspectives and directions on topics that are shared and support in creating action plans that will help individuals to achieve the goals they create.

Qualifications & accreditations

- MBA – Henley Business School, 2019
- Belbin Accredited Trainer
- Blanchard SLII Accredited trainer/facilitator
- CL Accredited Trainer
- Lean Six Sigma Yellow Belt certified
- HeartMath Institute certified practitioner

"Victoria was excellent. Very approachable with good use of anecdotes to bring topics to life"