

Expert coach / trainer profile – Elisabeth Goodman



Overview

Elisabeth founded her consulting company in 2009, specialising in ‘connecting you to what is important, possible and sustainable’ through one-to-one, group and team coaching.

Prior to founding her own consultancy practice, Elisabeth had more than 25 years’ experience in the pharmaceutical industry in line management and internal training and consultancy roles supporting teams on a global basis.

Elisabeth is also an Associate Coach with Genius Within CIC, a social enterprise established in 2011 to help neurotypes fulfil their potential in employment and their careers.

Coaching style

Elisabeth has a calm and reflective approach and uses a range of coaching tools, which she will flex to match her client’s learning style and the topics they want to explore.

Elisabeth particularly enjoys helping individuals to exercise choice and realise their potential in the workplace by recognising their values and strengths.

She and her clients typically work across four levels of awareness: what’s important to them, how they interact with others, how they go about their work and how they relate to their environment.

Clients and outcomes

Elisabeth works with new managers and those transitioning to leadership roles, as well as individual team members.

Elisabeth and her clients explore such topics as leadership / management, developing self-awareness, building strengths and capabilities, addressing challenges associated with interpersonal relationships, stressful situations, self-organisation and change.

Elisabeth is also an advocate for Neurodiversity at work, and specialises in coaching for autism and ADHD both in the workplace and privately.

She also coaches in French.

Qualifications and professional memberships

- ICF credentialed coach (Professional Certified Coach)
- PG Certificate in Business and Personal Coaching
- NLP Practitioner
- Psychometrics: Myers Briggs Step1 and 2, Belbin Team Roles
- Information Science MSc
- Biochemistry BSC Honours