

## Dr Elizabeth Crosse

### Overview



With over 30 years of involvement in the coaching profession, Elizabeth describes herself as a research practitioner with a deep interest in how coaches learn and develop. She was one of the first accredited coach supervisors in the UK, holds the International Coaching Federation's Master Certified Coach (MCC) credential, and has extensive international consultancy experience as a learning and development specialist. She has worked as a coach, mentor and supervisor with a diverse range of public and private sector organisations, including pioneering the introduction of internal coaching to the Civil Service.

Elizabeth is passionate about fostering 'practical wisdom' and lifelong learning. She has navigated dyslexia and dyspraxia to achieve a Doctorate in Coaching and Mentoring and three Master's Degrees. Her personal and professional commitment to learning and development enables her to work holistically, using intellectual rigour in a structured, flexible and creative way in responding to the specific requirements of her clients. Her practice focuses on supporting coaches to understand what and how they need to learn to enhance the quality of their coaching.

Her mentoring focuses on developing professional capability, and she has supported hundreds of coaches in successfully achieving the International Coaching Federation's ACC, PCC and MCC credentials. As a supervisor, she helps coaches build the personal capacity to engage in different, more beneficial ways to address current and future challenges during times of uncertainty, complexity, ambiguity, and constant, rapid change.

Coaches tell her they appreciate her knowledge, creativity, honesty and directness. Her insight and compassion allow her to challenge with integrity. Critical reflective dialogues that enhance the integration of new learning and increased self-awareness are core to all her work. The aim is to enable coaches to gain the clarity they need to work with the authenticity required to deliver excellence for their clients.

### Professional qualifications / affiliations

Elizabeth has a commitment to lifelong learning and development, as demonstrated by her professional qualifications, including:

- Doctorate in Coaching and Mentoring, Oxford Brookes University
- Masters in Coaching and Mentoring, Oxford Brookes University
- Masters in Education, University of Maryland
- Masters in Counselling Psychology, University of Indiana
- Advanced Diploma in Coaching Supervision, University of Middlesex
- MCC Master Certified Coach, International Coaching Federation
- NLP Certified Coach and Master Practitioner
- BPS Level A and B Certification
- Chartered Institute of Personnel and Development – Fellow
- Post-Graduate Certificate of Education, University of Cambridge

### **What her clients say**

*Elizabeth is truly an amazing mentor coach. From the beginning, she was invested in my success as mentee. With her knowledge, compassion and care she encouraged and motivated me to learn about my coaching strengths and through guidance and constructive feedback she helped me discover how I can be a better coach. Elizabeth has empowered me to develop my strengths, beliefs, and personal attributes as a coach. She was a dedicated partner on my path to the ICF MCC accreditation. I looked forward to every opportunity to work with her. Thank you for your partnership Elizabeth! – Dr. Maryam Bigdeli, MCC Transformation Consultant, Leadership Development Strategist,*

*I really enjoyed working with Elizabeth. I decided to go ahead with the ICF ACC process in order to develop and hone my skills after a few years working as a coach and a lack of confidence that what I was doing was “right.” By the end of our sessions, I felt more confident than ever in my coaching skills and had a clearer sense of where I wanted to go and who I wanted to be as a coach. From our first meeting, I found Elizabeth to be extremely warm, open and incredibly pragmatic when it came to the best way to approach things. Her versatile approach meant that every session was different according to what I wanted to cover, and she provided a platform for me to air my concerns, explore my purpose and evaluate my skills. The real value-add with working with Elizabeth was that it wasn't just about the core competencies and ticking the boxes. It was about who I am as a coach, what I have to offer the coaching community and where I want to take that. – Sarah Creevey, ACC, Coach and Positive Psychology Consultant*

*What an insightful and thought provoking session. Overall, my key reflection is how important it is to really **listen** to what the coachee needs, it has also motivated me to create a mind map of the personal values, communication preferences, coaching style and tools that I bring to my own coaching, and then using it to inform my coaching profile. Thank you Elizabeth, you're awesome!*

*Elizabeth is based in London and works across the UK.*