

Coach profile – Laura Walker



Laura is a career transition coach who brings a wealth of business and professional knowledge and experience to her work. Work is an important part of our lives and at times we can feel dissatisfied, unsure, or stuck. We have all experienced transitions at some point – and whilst they can be exciting, they can also make us feel vulnerable or nervous. Taking time to really think differently with the help of a coach can make a big difference. Within a safe and confidential environment, she works with individuals as they discover more about who they are, what they really want, and how they can move forward.

Feedback from coaching clients demonstrates that Laura is calm, independent, insightful, flexible and supportively challenging. She listens deeply, seeks to really understand her client from their viewpoint, and ‘walks alongside them as they author the next chapter of their unique (working) lives’. Her coaching approach is informed by developmental psychology.

Key areas of expertise

Laura specialises in coaching people during work and life transitions including:

- Transitioning into a new role or more responsibility
- Adapting to changing circumstances, eg, returning from extended leave
- Considering a change in career direction
- Taking stock of what work means for the next stage of life

She also conducts research into late careers and the experience of older workers.

Career highlights

Laura’s 15-year corporate career included roles as VP, Talent; Director, Learning and Progression; People Director; and Head of Organisation Effectiveness, in respected businesses across six different sectors: retail (John Lewis), pharmaceuticals (GSK), insurance (Aviva), oil and gas (Centrica), defence (BAE Systems) and luxury goods (Burberry). She worked directly with several boards and CEOs. In 2017, she established her own business and now has a portfolio of work including coaching, consulting and interim assignments. She also mentors for several charities.

Qualifications, training and professional memberships

Qualified to Master’s level, Laura is an accredited Professional Coach. She is passionate about continuous professional development (including coaching supervision).

- MA, Coaching and Mentoring Practice (Distinction)
- APECS Professional Member (Association for Professional Executive Coaching and Supervision)
- BSc Psychology (Hons)
- Member of the CIPD
- NLP Business Practitioner
- Occupational testing I and II
- Facilitation skills
- Myers Briggs Type Inventory
- Action learning set facilitation
- Firo B
- Hermann Brain Dominance Instrument

Feedback

- ‘I transitioned from Consulting to a business role and was struggling. Coaching helped me to make sense of what was going on for me and move forward successfully.’ *Head of Strategy, Retail*
- ‘I had returned from maternity leave and coaching helped me through a very difficult time.’ *Marketing Director, Financial Services*
- ‘Laura recently helped me through a stressful career transition. I had no idea what I wanted to do, but now I have a position which I love, I am so happy.’ *Finance Director, Manufacturing*