

Executive coach profile – Sara Barrie



Sara is an award winning executive coach, consultant and leadership facilitator accredited by the International Coaching Federation (ICF), the Academy of Executive Coaching (AoEC) and Time to Think. Her expertise is in developing people, leading diverse teams and working at board level with listed FTSE 350 and Fortune companies; driving revenues, business change and growth through client advocacy and aligning the people and talent strategy with organisational strategy. A proven business leader, Sara is known for her energy, gravitas and presence, an engaging, authentic and passionate coach who brings fresh thinking, challenge and fun.

Sara helps people and organisations to be their best and realise their potential by enhancing leadership capability. She specialises in coaching on strengths and in a thinking environment. Her coaching clients include chief executives, managing directors, board directors, senior leaders and managers across a wide range of sectors. She coaches clients on-boarding in executive and board roles, high performers, high potentials, female leaders, new leaders and those senior operating leaders promoted into strategic roles. Her coaching focuses on executive presence, leadership impact, personal and organisational change, performance challenges and developing personal awareness, confidence and effectiveness. With an emphasis on sustained behavioural change, her clients continue to evolve as leaders beyond the duration of the coaching programme and as the organisation evolves.

Sara also designs and delivers experiential leadership programmes and leadership team building events. In 2016 as lead coach for a major client, she led the submission that won the ICF UK PRISM award for achieving coaching excellence in their business transformation. In 2017 this award was retained. In 2018 Sara was announced as a winner of the CEO Today Management Consulting Awards.

In a successful career spanning over 20 years, Sara has held leadership and director roles in leading UK and global HR firms. With responsibility for sales and marketing in the UK and Europe, her extensive experience includes leadership roles in the talent and HR consulting sectors, working at board level with clients across the full range of industry sectors, from financial services, business and professional services, energy and utilities, technology, media & communications to pharma and FMCG.

Qualifications & Professional Memberships

- ICF accredited coach, coach mentor and coach supervisor
- PG Cert in Coaching Supervision (current)
- Accredited 'Time to Think' Coach, Consultant, Facilitator, Thinking Partner & Thinking Partner Teacher
- AoEC Diploma in Executive Coaching

- Qualified to work with psychometric assessment instruments including Master Practitioner in Strengthscope, Strengthscope Team, Strengthscope Leader, MTQ48 (Mental Toughness), ability/aptitude testing, interest inventories
- BA Business Studies (Liverpool)
- Member of the International Coaching Federation (ICF), ICF NW, Women on Boards, Time to Think Collegiate (London) and The K Club for Entrepreneurs.

Clients

Sara's clients include Associated British Foods, Accenture, Agilent, American Express, Ashurst LLP, Barclays Bank, BT, Carphone Warehouse, Co-operative Bank, Co-operative Group, CHANGE, Countryside, DWF, Dynamic Action, Electricity North West, Eon, East Sussex County Council, Freshfields, Fresenius, GE, GlaxoSmithKline, Grow Movement, Kellogg's, Knightstone Housing Association, Liverty Housing, Magna Housing, Lloyds of London, Liverpool John Lennon Airport, Marine Stewardship Council, MyCSP, Manchester Airport Group, Manpower Group, Ombudsman Services, National Westminster Bank, NG Bailey, Sainsburys, Siemens, and Vodafone.