

**Company Contact Name:**

Blend Associates Ltd

Contact Details:

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LinkedIn Profile:

linkedin.com/in/dinah-butler-8aa07532

Geographical Base:

England, UK

PROFILE:

Dinah has over twenty year's experience as a therapist working in the NHS, the voluntary sector and in private practice. She brings this experience to her work as a coach. In the NHS she has worked both in primary care and in a hospital setting, specifically on a cancer unit. She has also worked in the community in an alcohol service. Before this she worked in human resources advising managers on equalities issues and recruitment. In her private practice, she has coached managers, senior managers and entrepreneurs on such issues as values based approaches to management, developing an authentic style, developing confidence and assertiveness, creating a compassionate learning environment for self and others, improving communication, managing stress. She has taught therapists at master's level at the University of Greenwich and devised and run training programmes. She welcomes the opportunity to work at the intersection of psychotherapy and coaching.

COACHING, MENTORING & FACILITATION EXPERIENCE:

COACHING:

In the last year Dinah has developed her coaching practice with individuals covering a wide range of issues including career development, managing work stress, work-life balance, dealing with a critical incident, staff management and so on. She currently provides counselling and coaching to staff at Soho House and provide clinical supervision/ coaching to a community organisation in Peckham.

FACILITATION:

Dinah has assessed training needs, designed and presented training in various settings. She facilitated a group dynamics group for therapists as part of their master's level training. She has facilitated training for Health Care Assistants on communication skills and self-care and run training in communication skills for couples. Through creating a safe environment, she facilitates tricky conversations as well as deeper understanding.

KEY SKILLS:

- Making counselling and coaching accessible, relevant and helpful to a wide range of people
- Supporting leaders to find their own authentic style of managing people
- Supporting leaders to find their confidence, self-belief and combat imposter syndrome
- Assist individuals to overcome anxiety
- Working with individuals affected by lack of diversity and inclusion
- Assist people to find their motivation and focus in their work and career
- To teach energy psychology techniques to manage stress and confidence

PROFESSIONAL QUALIFICATIONS AND TRAINING:

- Advanced Diploma /Senior Practitioner in Coaching - EMCC 2022
- Postgraduate Diploma in Intercultural Therapy - UCL 1994
- MSc Therapeutic Counselling - University of Greenwich 2008
- Introduction to Group Analysis - Turvey/ Institute of Group Analysis 2009
- Certificate in Energy Psychotherapy - Confer 2020

PROFESSIONAL MEMBERSHIP:

- British Association of Counselling and Psychotherapy (BACP) Senior Accredited
- European Mentoring and Coaching Council (EMCC)

CAREER BACKGROUND:

After studying social anthropology, Dinah has maintained an interest in the culture and dynamics of social groups. She used this in her work in equalities in a human resources department in local government. She trained in Intercultural Therapy in order to work effectively with diverse groups in the inner city areas of Hackney and then Southwark. As a therapist she has practiced in the NHS, in the voluntary sector and in private practice. She has worked as a counsellor, clinical supervisor, trainer and lecturer. She is committed to increasing access to forms of help whether therapy or coaching. Her approach to her work is informed by this. She has always valued working collaboratively with other staff e.g. GPs when working in primary care, specialist nurses and ward managers in hospital settings, directors and senior managers in local government.