



Company Contact Name:

Blend Associates Ltd

Contact Details:

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LinkedIn Profile:

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Geographical Base:

Staffordshire, UK

PROFILE:

Julia is a Psychology graduate, accredited Master Executive Coach, chartered trainer and coach mentor supervisor. She has 35 years' experience across a range of business sectors and a whole host of coaching and training qualifications. Julia is a ex-Board Member on the Association of Coaching Supervisors and as a member of the Global Supervisors Network was the Group Lead on research exploring the emerging field of supervision of supervision.

COACHING, MENTORING & FACILITATION EXPERIENCE:

COACHING:

Julia has been coaching managers and leaders since 2000, supervising coaches since 2006 and other coach supervisors since 2010.

As well as coaching directly within the Public Sector, she supervises other coaches and supervisors who work extensively within this sector.

Julia has completed 2000 hours of coaching and 1800 hours of supervision during her career. 60% of her supervising hours completed are 1:1 supervision sessions across private and corporate supervisees in the public (Prison Service, NHS, HEE, LA's) and private sector. (Professional services, Independents, Retail)

FACILITATION:

Group Coaching Supervision & CPD for NHS Leadership Academies, Clatterbridge Cancer Care, Pennine Care NHS Trust, NOMS (Prison Service), University of Central Lancs, UK Parliament, Carter Corson Business Psychologists (fixed group), Xenonex, Boo Consulting and a flexible membership supervision group for Independent coaches in Manchester running since 2012.

KEY SKILLS:

- Delivering robust and tricky feedback
- Improving confidence
- Developing emotional intelligence in leadership
- Relationship/conflict management
- Managing change
- Improving authority/impact/presence
- Communication/influencing skills
- Specialist in grief and loss in a corporate life

CPD:

Systemic Coaching Constellations 2 day Foundation Course – January 2023

Mental Health First Aid Training 2 days – February 2023

PROFESSIONAL QUALIFICATIONS AND TRAINING:

- Joint Honours BA degree in Biology/Psychology 1984
- Certificate in Training and Development (ITD) 1991
- Post Graduate Diploma in Human Resource Development (CIPD), Achieved Fellow Status of CIPD 2002
- Advanced Professional Diploma in Executive Coaching with Peter Bluckert Coaching/Leeds Metro University 2000
- Certificate in Supervision for Coaches, Mentors & Consultants with Bath Consultancy Group 2008
- ICF Accredited Diploma in Coaching Supervision with Coaching Supervision Academy 2010
- Association for Coaching Accredited Master Executive Coach (3rd Renewal) 2008, 2013, 2020

PROFESSIONAL MEMBERSHIP:

- Member of Association of Coaching Supervisors
- Member of Association for Coaching (AC)
- Member of British Psychological Society
- Member of European Coaching & Mentoring Council

CAREER BACKGROUND:

Julia started her career in retail management for Lewis's Ltd, Littlewoods and Mackays. Her career as a trainer started at Help the Aged followed by a stint as UK Training Manager for Dedicated Micros, (CCTV and video surveillance equipment). In 1999, Julia headed up training at Greater Manchester Magistrates Courts responsible for all staff and management development until 2002 when she became an independent coach.

RECENT TESTIMONIALS:

"I found the coaching supervision incredibly helpful. It was by far the best supervision I have had so far on my coaching journey. It is hard to get 'real' feedback and I crave it, so to receive from the group and from you, was very nourishing and will no doubt support my growth as a human and as a coach". **Amy Dunmall, Head of Nursing Professional Development, Leeds Teaching Hospitals NHS Trust**

"It was brilliant working with Julia for the first time recently when she supported myself and some colleagues with our professional CPD and supervision. Julia skilfully provided the right mix of challenge and support, giving insightful feedback to individuals and the group. Emotions and underlying issues were exposed and managed and Julia tailored her approaches to the varying levels of ability and experience, as well as the differing needs, of the coaches. My only gripe is that I wanted more and the time was up!" **Kim Davies. Senior OD Partner. Staffordshire County Council.**