

**Company Contact Name:**

Blend Associates Ltd

Contact Details:

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LinkedIn Profile:

linkedin.com/in/Susie-flashman-jarvis

Geographical Base:

England, UK

PROFILE:

Susie is an accredited coach and therapist. She is a qualified couples counsellor, trauma therapist and supervisor.

Her twenty years' experience as a counsellor add a depth to her executive coaching creating a therapeutic coaching model that has been embraced by leaders in many fields from barristers and lawyers to team leaders and business owners.

She is passionate about challenging the status quo and has written her autobiography as well as a novel on the impact of domestic abuse. She is in the process of writing her third book sharing the creative coaching tools she has developed.

COACHING, MENTORING & FACILITATION EXPERIENCE:

- External coach for Clyde and Co
- The pandemic saw the successful creation of online coaching, that resulted in work in Dubai as well as across the UK.
- Senior leaders in law.
- Business owners.

COACHING:

Clyde and co 2018 to present day.

NEFLT NHS coaching leaders.

Business owners.

FACILITATION:

Sleep webinar NELFT Northeast London Foundation Trust NHS

Communication workshop AXA

Stress workshop YMCA

KEY SKILLS:

- Coaching leaders and teams through COVID pandemic
- Developing online coaching for individuals and family businesses.
- Coaching a wide range of leaders from diverse backgrounds navigating issues arising.
- Supporting individuals to develop resilience and rediscover their strengths.
- Supporting leaders to look deeper and understand leading with integrity and grace.
- Coaching leaders, giving them a safe space to look back in order to move forward freely.
- Supporting the understanding of the impact of life and management of sometimes challenging situations.
- Helps leaders work through key life transitions.
- Supports clients facing stress and burnout

PROFESSIONAL QUALIFICATIONS AND TRAINING:

- Business Learning Foundation Master coach. 2017
- ILM level 5 2017 (EMCC accredited)
- Thinking partnership 2020
- Civil and Commercial Mediation Training Align Mediation 2021
- Diploma in supervision for counselling and allied professionals 2007
- Advanced Diploma in counselling (British Association for counselling and psychotherapy.2001)
- Trauma counselling 2009

PSYCHOMETRIC PROFILING:

- Prophet for business leaders and teams
- Resilience at Work toolkit for individuals, leaders and teams

PROFESSIONAL MEMBERSHIP:

- Member of and accredited with European mentoring and coaching council (EMCC)
- Member of and accredited with British Association for counselling and psychotherapy (BACP)

CAREER BACKGROUND:

Susie first trained as a counsellor in 1999 gaining accreditation in 2001. She has 1000's of hours experience working with a wide range of clients.

Her career started in a Christian charity that supported families, both adults and children. She had recently adopted her youngest child and juggled life as a busy mother of four as well as her career.

She trained as a supervisor, trauma, and couples counsellor. Finally becoming deputy team leader, she supported the counsellors as well as clients in the busy charity. She set up counselling in the local women's refuge.

During this time, she wrote her autobiography and then completed her novel.

Setting up her private practise led her to realise that the professionals that were coming to see her, needed support faster and so she retrained as an executive coach.

The growth of her business, The Bespoke Coach Consultancy, gave her room to create her own model of coaching that gave her clients room to explore a wider range of topics.

In the pandemic she trained as a mediator as well as in the Nancy Klein coaching model. Time to think.

RECENT TESTIMONIALS:

"I started my coaching journey with Susie in November 2021 and although I felt like I would benefit from our sessions, I had no idea I would gain as much as I did!

Immediately I felt at ease with Susie, from our first chemistry call- we both agreed we knew we would get on well. Susie made it so easy to open up, be honest and authentic and actually encouraged those qualities, in an empowering and supportive way!

Looking back at the first few sessions we had, I feel like I was a completely different person to now, because Susie helped me come back to myself and rediscover the me that had become lost.

Meeting Susie and engaging in coaching, has honestly been one of the best things I have ever done- not only in terms of being able to build confidence within my job role at work, but also in my personal life. I remember Susie asking me one day "how did you do that?" when I was explaining how I had been overcoming my anxiety... my response was "I don't know, it's almost like magic"..... and THAT, I think, is the best way to summarise my coaching experience!

*I have LOVED every part of my coaching experience, I am so glad I picked Susie and I will always be so grateful for the fantastic human she is!" **Mica McDonald: Equality, Diversity & Inclusion Administrator***

*"Susie has been coaching 9 managers at all levels within our organisation over a period of six months. Her approach has been flexible and adaptable and that makes a big difference when dealing with managers who have hectic timetables. She has made a significant difference to the behaviour of these managers – some have reported positive changes not only at work but in their personal lives. Manager's report an increase in confidence levels, particularly relating to handling difficult and challenging situations. We have really valued Susie's support and have no hesitation in recommending her." **Kate Walker, Personnel Director, Hospice in the Weald***