



**Company Contact Name:**

Blend Associates Ltd

**Contact Details:**

[info@ltdblend.com](mailto:info@ltdblend.com)

**LinkedIn Profile:**

[www.linkedin.com/in/bethdelfino](https://www.linkedin.com/in/bethdelfino)

**Geographical Base:**

Cardiff, UK

## PROFILE:

Beth works as a coach with individuals and, with eleven years' experience as a psychotherapist, her areas of expertise include improving confidence, resilience, self-compassion, self-care strategies, taming the inner critic, imposter syndrome and building a better life (moving from surviving to thriving!), often following challenging and sometimes traumatic life events.

Beth's approach works well for:

- People who are keen explore their patterns of behaviour
- Individuals who aren't afraid to challenge their beliefs and behaviours
- People who want to have time to think and reflect
- Those who want to further develop their self-awareness to support growth

## COACHING, MENTORING & FACILITATION EXPERIENCE:

Beth holds a Senior Practitioner in Coaching qualification and accreditation to add to her existing qualification and expertise in psychotherapy.

Beth bring psychological knowledge to her coaching which supports an exploration of patterns and 'ways of being', increasing opportunities for insight and self-awareness.

Beth provide a confidential, safe and reflective space where clients can have a purposeful conversation through her supportive yet respectfully challenging style. Clients will have the space to reflect and increase their self-awareness around the issues they are concerned with and create practical results.

Beth supports each coachee to connect with their whole self, and as a result, develop a deeper awareness, together with insight, of their thoughts, feelings, intuitions and physical reactions to the presenting issue. The work is underpinned by the principle that increased awareness leads to a greater potential for new choices and ways of being.

## KEY SKILLS:

Psychologically informed, relational, challenging, supportive, intuitive, active listener, trauma informed.

## PROFESSIONAL QUALIFICATIONS AND TRAINING:

- EMCC Senior Practitioner in Coaching programme
- Post Graduate Advanced Diploma in Gestalt Psychotherapy
- Applied Psychology (BA) Hons.
- Systemic Coaching with Constellations: Introduction to the Essentials (The Whole Partnership)
- Advanced Cert. in Relational Centred Counselling Skills
- Transactional Analysis 101
- Kristen Neff: Fierce Self-Compassion
- Mental Health Awareness
- Working with Menopausal Women
- Uprooted: Refugees and other Involuntary Dislocated people
- Beyond Emotional Intelligence
- Menopause in the Workplace
- Working with Race Based Trauma and Stress
- The Race Conversation: Eugene Ellis
- Trauma Informed Coaching: Julia Vaughan
- Cancer and Coaching

## PROFESSIONAL MEMBERSHIP:

- UK Council for Psychotherapy
- European Mentoring and Coaching Council
- National Counselling and Psychotherapy Society

## CAREER BACKGROUND:

- Financial services: developing services for vulnerable customers in a regulated environment
- Health Promotion: research and developing health promotion resources
- HMP Cardiff: counselling inmates

## RECENT TESTIMONIALS:

*"I have really enjoyed working with you and have found it invigorating in itself - a fresh outlook..."*

*"The 3 sessions I had with Beth were incredibly useful to me. I had the space to reflect, think out loud in a safe environment (which helps me actually "hear myself") and come up with my own answers. Some good and challenging questions opened up a couple of new ways of thinking too, which was illuminating! I feel more confident articulating my needs and asking my manager to give me an honest assessment of my abilities...It has made a big difference"*