



Company Contact Name:

Blend Associates Ltd

Contact Details:

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LinkedIn Profile:

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Geographical Base:

England, UK

PROFILE:

Hilary is an experienced Executive and Career Coach, Trainer and Facilitator, and a former Occupational Therapist with 20 years' clinical experience in NHS mental health services, who supports senior leaders to build their resilience and leadership capacity so they can confidently deal with the complex challenges they face. She combines her mental health expertise with her leadership coaching, helping clients in the National Health Service, SMEs and private sector organisations to overcome stress and burnout and bring out their natural creativity and resourcefulness, reinvigorating them to effect positive change to their teams and improve the service they provide. Hilary blends powerful, challenging coaching with her warm, engaging style and her clients say she brings both energy and intellect to her work, find her grounded and easy to talk to, and have described her as calm, compassionate, positive and perceptive.

COACHING, MENTORING & FACILITATION EXPERIENCE:

COACHING:

July 19 – Present The Resilience Consultancy
Executive and Career Coach, Trainer and Facilitator

- Coach senior leaders in SMEs to develop their authenticity, resilience and confidence to successfully negotiate career challenges and transitions
- Develop leaders' mental fitness via an online Positive Intelligence programme
- Deliver mental wellbeing / resilience training and facilitate MHFA reflective practice sessions to support the wellbeing of HR, leaders and MHFAs in organisations

Jan 18 – Present The Hobbs Consultancy
Associate Coach, Trainer and Mental Health Expert

- Provide executive coaching, parental coaching and career coaching to support senior leaders and employees in the media industry through life and career transitions
- Deliver webinars and training on managing mental health; developing personal resilience; supporting neurodiversity and menopause in the workplace.

2011 – 2019 Essence Coaching
Self Employed Career and Leadership Coach

- Coach senior leaders to connect to their values and develop authenticity, resilience and confidence in their leadership roles.
- Coach clients to manage career transitions when they find themselves at a career crossroads.

FACILITATION:

- Training face to face or online webinars
- Action learning sets / peer reflective practice sessions

PSYCHOMETRIC PROFILING:

- Resilience at Work Toolkit
- PROPHET Executive Profiling Tool

KEY SKILLS:

- Coaching leaders through Covid pandemic
- Coaching emerging leaders to successfully transition into new roles
- Assisting individuals to develop resilience and resourcefulness
- Help leaders explore personal motivations, strengths, values and purpose
- Helping leaders negotiate key life and career transitions

PROFESSIONAL QUALIFICATIONS AND TRAINING:

2022 Compassionate Coaching
 2022 Certified Positive Intelligence Mental Fitness Coach (CPQC)
 2015 Certified Professional Co-Active Coach (CPCC) & ICF PCC Accredited Coach
 2011 Coaches Training Institute Core Curriculum Programme
 2001 Diploma in Humanistic Integrative Counselling, CPPD, Hornsey
 1996 Postgraduate Diploma in Occupational Therapy, St Barts & Royal London Hospital
 1990 BA (Hons) Social Psychology – University of Sussex

PROFESSIONAL MEMBERSHIP:

- International Coaching Federation (ICF)

CAREER BACKGROUND:

Hilary began her career as a Trainee Chartered Accountant for Touche Ross before realising that her skills and talents lay elsewhere and beginning her career in the NHS as an Occupational Therapist, qualifying in 1996. She worked in a variety of inpatient units and community mental health teams before specialising in workplace mental health and developing and leading a team in primary care supporting people struggling at work with burnout, anxiety and depression to recover and return to full functioning in their roles. In 2015 she developed and led a Work and Wellbeing Service in KMPT coaching senior and emerging leaders in the Trust to develop their resilience and leadership effectiveness in their roles. Prior to this she led on workplace mental health for the South London and Maudsley NHS Trust: helping to write their stress policy; implementing stress audits in clinical teams and chaired their Workplace Health Committee looking at the wellbeing of staff in the Trust alongside convening a working group to oversee service user employment within the Trust. Following the birth of her second child Hilary retrained as a Coach and combined coaching in her private practice with working in the NHS until 2016 when she decided to focus on her coaching business full time. Hilary is passionate about proactive mental health prevention and loves to see the real difference her coaching and training brings to leaders, teams and the people they serve.

RECENT TESTIMONIALS:

"From the moment I started working with Hilary I found her to be insightful and responsive. She is thoughtful, kind and infinitely encouraging but she will challenge you too. Her coaching has given me back the clarity and focus – and sense of purpose – I had lost, as well as the confidence of knowing that I am on the right track. I'd advise anyone to take the plunge and do this for yourself, it goes without saying that I don't think you'll regret it." **NHS Programme Manager**

"Hilary is a superb coach. She successfully blends powerful challenging coaching with her natural gentle style. I feel totally at ease with Hilary and always leave our sessions energised and with a clearer understanding of what I want and need for myself. Quite simply I don't think I would have achieved everything I have in the last six months if it wasn't for her insight and support along the way. You'll be in great hands." **Managing Director**

"I have really enjoyed and valued working with Hilary, she has helped me, in a short space of time, to focus and be clear and confident about next steps. Her approach is both supportive and challenging, really playing the role of 'critical friend' and helping me explore, discover and unlock my self-confidence, self-belief and future direction. Her coaching really has been such a catalyst for me. She is highly skilled in introducing various tools, techniques and asking very insightful questions which have made a real difference to my perspective. I highly recommend her coaching." **HR Director**