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**Geographical Base:** UK

## PROFILE:

Chris is a leadership coach with +25 years experience, particularly in the education sector where he acts as a catalyst for individuals and teams in their thinking towards more resilience, optimism & coherence. He is an accredited EMCC Senior Practitioner, is trauma-informed trained and a Thinking Environment coach. Chris is the founder of the award-winning youth mental health charity, Lifespace Trust (in 2004), and author of 4 books, focusing on grief, resilience & mental health. He completed a Masters degree (MA) in Coaching at University of Warwick in 2017 and is now on the teaching faculty at the University. He loves walking the coast.

## COACHING, MENTORING & FACILITATION EXPERIENCE:

### COACHING:

Areas of interest: leadership and executive development; 121 coaching support to senior professional leaders; team coaching with a focus on making effective transitions.

Contracts with: Oasis Community Learning; Tudor Grange Academies Trust; Alcester Grammar School; Sutton Coldfield Grammar School for Girls; Oasis Academy Warndon; Stockport City Council; Birmingham Education Partnership; independent contracts with Senior leaders and Executive Principals; career coaching professionals; SENDCo leaders; legal professionals; plus individuals in the entertainment and media industry. Also working with around 30 young people as a mentor/coach.

### MENTORING:

Founder of youth mentoring charity Lifespace Trust (in 2004), developing organisational capacity to around 60 trained community youth mentors and establishing levels of supervision (121 and group supervision), and effective multi-agency working with a wide range of external stakeholders. Work accredited by NCVO. Lifespace Trust received The Queen's Award for Voluntary Service in 2015. Chris remains available as a consultant and advocate for the organisation.

### FACILITATION:

As a facilitator, Chris adopts a Thinking Environment coaching approach.  
Team Coaching (ICF), Gestalt Skills (AoEC)

## PSYCHOMETRIC PROFILING:

- Leadership Circle Profile certification (2024)

## KEY SKILLS:

- Coaching leaders to expand self-understanding and awareness of their impact
- Coaching those making a transition into new leadership roles to step fully into their authority
- Coaching individuals to recognise and overcome blocks in their thinking which inhibit performance
- Coaching individuals and teams through times of transition, especially the impact of uncertainty
- Supporting leaders through key life-stage transitions, including awareness of grief and its impact
- Enabling leaders to reflect and catalyse new connections in the service of the health of their system



## PROFESSIONAL QUALIFICATIONS AND TRAINING:

- 2024 Leadership Circle Profile Certification
- 2022 Cognitive Behavioural Therapy (CBT) Level 3, Oxbridge
- 2020-2021 Trauma-Informed and Mental Health Practice, Diploma, UEL
- 2020 Gestalt Skills Certificate, AoEC
- 2016-2017 Thinking Environment (Time To Think) Coach, with Nancy Kline
- 2015-2017 Master of Arts (MA) degree, Coaching, University of Warwick
- 2015 Mental Health First Aid (MHFA) trained
- 2014 Professional Supervision in Workplace Development, University of Staffordshire, Level 7
- 2009-2011 Master Coach and Practitioner Neuro-Linguistic Programming (NLP), ILM Level 5
- 2003-2004 Teaching Certificate, Further Education National Training Organisation (FENTO), Level 4

## PROFESSIONAL MEMBERSHIP:

- Affiliated member with EMCC (European Mentoring and Coaching Council)
- Accredited Senior Practitioner European Individual Award (EMCC)

## COACHING STYLE:

- Reflective; Supportive; Expansive; Self-leadership focused; Grounded; Calming; Insightful; Compassionate; Spiritual; Interesting; Life changing.

## CAREER BACKGROUND:

Christopher has a background in teaching (FENTO) and community-based youth work, including as an HIV/AIDS educator in the UK and Uganda. He founded the mental health charity Lifespace Trust in 2004 and was the CEO for 12 years, establishing the largest one-to-one youth mentoring provision in the UK. After completing a Masters degree, he founded a leadership coaching business, Heads Up Now Ltd. He is the author of 4 books, including "Grief, Loss & How to Cope: A Self-help Guide for Difficult Times", published by Summersdale in 2022.

## RECENT TESTIMONIALS:

*"I have never felt so listened to by a man as I did with Chris in his coaching. He brings a deep respect for the individual and sense of presence where I felt enabled to do my own thinking."* - **Executive Principal**

*"I have been consistently so grateful for our coaching time together and have truly felt the benefits both professionally and personally. I am also hugely grateful for 'you' and your particular approach to coaching. This is the first time I have properly been on the receiving end of a lot of what I have read about - you have been a fantastic advert for the theories and approaches like Nancy Kline espouse."* - **Head of Learning and Development, Multi-Academy Trust**

*"You are one of the key reasons I have made it through the transitions I have faced, thank you"* - **Senior Leader, Secondary School**

*"Thank you for your support, you are such a good listener and have helped me to face difficult decisions. I feel lighter and clearer about my next steps and proud of how I have been able to contain the difficulty and not contaminate the team, but support them through their transitions"* - **Senior Careers Consultant and Team Leader in Public sector**

*"Christopher is a man of supple thinking and an indestructible spirit"* - **Nancy Kline, author of "Time To Think"**