

Barbara Harris

Barbara Harris has a long history of success in the field of management and leadership and in training managers in how and when to coach. She has thirty years' experience in the hard business of teaching those 'soft skills' that are often crucial to collaborative success. Barbara has been an executive coach for fifteen years and has run over five hundred management training and coaching courses in the UK and across Europe. Working for diverse companies, she has earned an excellent reputation as a trusted training partner



Specialising in the skills of personal energy management, she advises both companies and individuals in simple ways to boost their productivity. She gives pragmatic advice backed by sound research about how to generate vitality, wellbeing and resilience – particularly during tough times.

Focussing on creating the future rather than fixing the past, Barbara is one of just a few people in the UK who has been trained in a unique and powerful technique called *'structural thinking'*. As a qualified *Organisational Structural Consultant*, she is particularly adept at helping people make sense of knotty issues and the hidden forces in their thinking that either support or undermine their success. She provides coaching on both business strategies and personal strategies and is relied on for her depth of insight and ability to clarify the way forward.

Expertise

- Bespoke management development programmes
- Bespoke professional development programmes
- Executive coaching
- Facilitation
- Human energy management

Speciality Coaching

- Handling conflict and difficult relationships
- Work /Life harmony
- Resilience – working well and productively during times of high pressure, hardship or setbacks
- Vitality and wellbeing
- Coping with major changes in personal life

Experience

With experience of the food, financial, telecommunications, building and education sectors, she has developed leaders for companies such as: AMP, Ecclesiastical, Castle Cement, Gloucestershire Education Authority, Galliford Try, Hewlett Packard, Hutchison 3G, Kraft Foods UK, Kraft Foods Europe, London Life, Philip Morris, RoyScot Trust, Rolls-Royce plc, Rubicon Wigzell, SELT, Nortel, Wimpey Homes.

Education

BA Hons Leeds University

Certificate in Executive Coaching and Leadership Mentoring, ILM level 7

Certificate in Organisational Structural Consulting, Fritz Consulting Group, Vermont USA