



Kate Firth

Kate is a voice and personal impact coach with Coalescence Consulting. She has a therapeutic counsellor background in the field of human communication. She also has extensive experience in theatre, psychology and applied linguistics. This makes her uniquely placed to work on the way people communicate with each other as expressed through the voice, body, feeling and word.

Kate coaches high level executives to improve their presentational skills and personal impact. She uses practical techniques to transform their speaking voice, body language and the clarity of their message. Her clients leave her sessions with more charisma, presence and gravitas.

With a BA in Drama and Spanish, Kate's career started in California where she worked as a sexual health advisor and managed a family planning clinic. She taught writing at San Diego State University whilst studying for an MA in cognitive and psycho-linguistics. She acted with the Royal National Theatre and then trained as a voice coach at the Central School of Speech and Drama and for eight years ran courses in communication and presentation skills, at Guys and St Thomas' Hospital, and coached on their Diverse Directions programme. She gained a PG Cert in Psychosynthesis Therapeutic Counselling in 1997.

Kate has worked with Guy's and St Thomas' Hospital Trust, Bristol University Medical School and numerous public and private sector organisations. She also works as a voice coach in film and television.

Kate's Coaching Expertise

- Fast, practical techniques to improve voice and speech and engage audiences.
- Physical impact and body language skills to build effective working relationships.
- Creating credibility, gravitas and charisma.
- Coaching in spoken and written communication to create persuasive, inspiring messages, whether in meetings, one to one settings, or formal presentations.
- Influencing skills so others hear key messages and act on them.
- Developing an authentic and credible sense of professional identity for those moving into new roles.
- Building awareness of how we are perceived and flexibility in our personal and professional behavioural style.
- Handling nerves.

Qualifications

- PG Cert Psychosynthesis Counselling
- Postgraduate Diploma Voice Studies
- Diploma NLP
- Certificate in Teaching English as a Second Language
- BA Hons, Spanish and Drama