



Mary-Anne Cooke

Mary-Anne Cooke has a successful track record of enabling people to achieve change both “in the office” and “out of the office”. As an experienced senior manager, coach and facilitator she works with individuals, teams and organisations to support active, development and change within a framework of relevant reflective learning.

She established her own consultancy in 2006 after a successful career in the NHS starting as a nurse then moving into management both within Acute and Primary Care sectors. Mary-Anne has used coaching techniques throughout her career achieving performance improvement and sustainability through cultural change, the positive raising of staff awareness, empowerment and ownership for change across all staff groups. Since leaving the Health Service she has built specifically her experience in using coaching as a development tool within a range of roles and settings.

Coaching Approach

- Works “in the office” on live issues alongside the client in the now or “out of the office” reviewing and reflecting on events before or after they occur.
- Enhances awareness and ability to choose from a range of options improving work life balance and well being.
- Builds on capacity for dealing with issues through identifying solutions or coping strategies.
- A pragmatic approach focusing on gaining clarity and direction.
- Ongoing review of the coaching relationship to ensure it is benefiting the client throughout the contract.
- Uses mentoring where appropriate and requested by client.

Relevant Experience

- An understanding of current NHS strategy and their application through recent. NHS roles and experience. This enables an understanding of the clients working context, complexity and pressure points.
- 2 years Coaching clients and teams in the NHS and private health sector.
- Active participant of Bristol University Critical coaching forum.
- Midway through a Diploma in Coaching providing supervision of practice
- Accesses regular coaching to support own development.
- Appointed to the Institute of Healthcare Management register of coaches