



Sarah E. Goldsworthy

Sarah has coached many top executives, senior leaders and teams in the public, private and voluntary sectors, and offers particularly extensive experience of the NHS in the UK. Her background in management and organisational development includes the formal and informal coaching of CEOs, executives, senior clinical and non-clinical staff responsible for leading major change initiatives.

Aside from her experience of the NHS, Sarah has coached executives and teams in the world's largest humanitarian and development NGO, where she is involved in supporting the development of an organizational coaching culture. She takes a behavioural coaching approach, working with clients to find their own solutions and take responsibility for their own outcomes. Results-focused, Sarah ensures the coaching process is structured and reflective, capturing insights, learning, and the application of learning in the achievement of personal and organisational outcomes. She summarises her coaching approach as conceptual, theoretical and pragmatic.

Sarah's coaching focus areas and strengths include:

- Finding meaning, resilience and direction in conflict situations
- Psychodynamics and process work in complex systems
- Working with different channels : metaphors, imagery, art and physical activity
- Typology (MBTI) and Transactional Analysis