

Laura Haines

Personal & Business Coach



Has worked with:

- Argos
- Homebase
- BMW
- Tesa UK
- Schenectady

Background

An experienced business and personal development coach who has worked at senior management and board level specialising in leadership development, personnel effectiveness, career transition and work/life balance across a range of sectors - manufacturing, retail and not for profit. An HR professional with senior level experience of strategic and operational HR management and who also possesses excellent project management, consultancy and facilitation skills.

Expertise

A 'customer oriented' coach who is able to coach & mentor all levels of management on their ability to:

- Plan for the business
- Lead and manage change
- Motivate and get 'the best' out of their people
- Improve their own personal effectiveness
- Manage their career
- Achieve personal fulfilment

Qualifications & Professional Memberships

- BA Hons. History & Geography
- Post Graduate Diploma Personnel Management
- Graduate – Coach U (USA) Coach Training Programme
- BSc Psychology, Open University (currently on going)
- Grad CIPD
- Member International Coach Federation
- Member Birmingham Chamber of Commerce
- Volunteer Business Mentor – Birmingham Chamber of Commerce

Interests

Family, friends, health, fun runs, psychology