

Richard Lock

Trainer / Coach / Training Designer



Has worked with:

- Care UK
- BP
- DHL Excel Supply Chain
- Cancer Research UK
- BMW

Background

Following many years as a successful senior manager in both the retail and electricity supply sectors, Richard has worked in management and personal learning for the past 10 years. He has developed and delivered learning activities across a broad range of business sectors for organisations, teams and individuals. Richard typically uses facilitated workshops, team challenges and personal coaching to help others improve performance.

Expertise

- Performance management – clarity of objectives, performance feedback and behavioural flexibility
- Performance coaching – helping individuals enable themselves to achieve their goals
- Innovation – creative thinking tools and techniques

Qualifications & Professional Memberships

- Assoc Member CIPD
- Certificate of Training & Development
- Certified NLP Practitioner & Time-line Therapist
- Certified level A Occupational Testing
- Certified level B Psychometric Testing

Interests

Learning, contribution, enjoying life, relaxation, family & friends, Investment club, guitar, badminton, faith, other people.