

## SARAH TENNANT

EXECUTIVE COACH



Sarah is a qualified Executive Coach, accredited by the Association for Coaching (AC) and recognised by the Institute of Leadership and Management (ILM), with specialisms in career transition, returners and leadership development.

Her coaching style is described as 'positive, calm and intuitive' and 'quietly challenging, yet supportive' and she has successfully coached senior management individuals from industry-leading organisations, including BlackRock, UBS, Mondrian, BBC, TK Maxx, RCGP (Royal College of General Practitioners), Intensive Care Society, the Roundhouse, Hampshire Cultural Trust and LAMDA (London Academy of Music and Dramatic Art).

Sarah commenced her career as a language teacher, evolved to roles leading international sales teams in the publishing industry and latterly established an independent consultancy providing business development and fundraising capability to commercial, social enterprise, arts and not-for-profit organisations.

The highlights of these roles for Sarah were always in coaching and mentoring individuals, and she became fascinated by human performance and developed a firm belief in each person's capability to determine their own solutions, optimise their unique talents and reach their full potential. She gained her Coaching accreditations and established slt Executive Coaching



to provide individuals facing career 'pressure points' with a positive and collaborative space to be heard, reflect and devise strategies for tackling a transition.

Favouring a strengths-based approach to coach, and utilising several psychological theories, in particular aspects of Person-Centred and Positive Psychology, she places clients at the centre of her process. It is this, combined with a strong commercial awareness, evidence-based analysis tools and intuitive empathy that ensures she helps her clients gain clarity on issues, values, strengths and development needs and work towards achievable, yet stretching, goals.

## TESTIMONIALS

“Sarah really helped me during a crucial point in my career where I was at a crossroads for the first time in many years. Coaching helped me reflect and become more self-aware on the leadership qualities I already practised. This in turn boosted my confidence and helped me conclude a change was needed which I made into a reality for 2018.”

**Director, BlackRock**

“I achieved my goals and exceeded my highest hopes. I started a new job with two coaching sessions left and was able to prepare for my entry into the new organisation and then reflect on progress. Sarah is an exceptional coach. She listens and asks insightful questions and enabled me to think through problems, find workable solutions and develop achievable yet stretching goals.”

**Operations Director, Healthcare**

“As a result of Sarah’s approach to coaching I felt very supported, understood and validated; this gave me confidence and encouraged me to look at things in more positive ways.”

**Deputy Fundraising Director, Arts**

“Sarah has a natural empathy, is a great listener and comes up with pragmatic ideas. She asks sensible questions and keeps focus by going back to goals set.”

**CEO, Legal Recruitment**

“Sarah has significantly helped me at a pivotal point in my career. In particular she has helped me realise how central my confidence is to becoming the leader I want to be.”

**Director, BlackRock**

## EDUCATION

**Accredited Foundation Executive Coach,**  
Association for Coaching, 2018

**Professional Coach Recognition Programme,**  
**accredited by AC and ILM,**  
The Executive Coaching Consultancy, 2017

**Introduction to Counselling, BACP Accredited,**  
2006

**PGDip., European Business Administration,**  
University of the West of England, Bristol, 1998

**M.A. (Hons), French, 2:1,**  
University of St. Andrews, Scotland, 1995

## CAREER SUMMARY

**Executive Coach, slt Executive Coaching,**  
2017 – Present

**Business Development and Fundraising Consultant,**  
2004 – 2015

**Macmillan Publishers Limited, Head of Sales EMEA**  
(Nature Publishing), 2000 – 2004

**Sales Manager EMEA** (Macmillan Reference),  
1999 – 2000

**European Sales Executive** (Macmillan Reference),  
1997 – 1999

**Freelance English Teacher,**  
Interglas AG, Barbach Language School, 1995 - 1997