

PROFILE

Sophie Carvin Confidence Coach



sophie.carvin@deror.co.uk

0776 9978107

www.deror.co.uk

www.linkedin.com/in/sophiecarvin



My coaching

I focus on coaching career-minded women; working with them to build confidence and find solutions to their challenges so they can thrive inside and outside work.

I also coach men and teams, and facilitate groups to use a coaching approach (Action Learning Sets).

Coaching is a safe and confidential environment where people can think, talk things through, explore and re-group. I ask questions, challenge, support and hold people to account.

We might work on confidence for specific situations or in general, for example:

- Career progression
- Preparation for a new project or job
- Work relationships
- Office politics
- Improving life balance

I really enjoy working with people and seeing how, when they are ready to put in the work and make changes, coaching can have dramatically positive results.

My approach

Forward looking. Focused on walking along side you, so you find a way to achieve what you want to achieve. I have an introverted preference and a non confrontational style. I will, however, ask searching questions and challenge you to explore who you are, how you feel and what you think.

You set the agenda and I'll tailor the coaching sessions to meet your needs. Some people respond to activities, others prefer to talk.

I am qualified to use a range of psychometric tools for personality profiles and 360 feedback. I also make use of the Positive Intelligence programme to gain deeper self awareness and to ensure changes are sustainable (<https://www.positiveintelligence.com/>). These can be included, at cost, if appropriate.

Coaching can take place virtually, whilst walking or face-to-face.

I work in line with the Global Code of Ethics for coaches, actively continue my professional development and attend supervision.

My background

The majority of my career has been spent in corporate environments with experience in organisation development, leadership development, diversity & inclusion, cultural development, recruitment, educational outreach and innovation. In my last corporate role I also led a team of internal coaches, working across the business to support leadership development, change programmes and individuals.

I have Board experience as a Trustee for a small charity - Wag and Company, North East Friendship Dogs.

My areas of expertise and interest

- Confidence
- Mental Fitness & Positive Intelligence
- Leadership, management and personal development
- Working relationships and office politics
- Diversity & inclusion
- Mind-set
- Emotional Intelligence

My relevant qualifications & memberships

- Advanced Diploma, Leadership & Performance Coaching, Northumbria University
- Certificate in Management Coaching and Mentoring, Chartered Management Institute
- Association for Coaching
- Chartered Institute for Personnel & Development
- Positive Intelligence Coach

My contact details;

sophie.carvin@deror.co.uk

0776 9978107

www.deror.co.uk

www.linkedin.com/in/sophiecarvin

Sophie Carvin

Confidence Coach

Deror

Confidence is a skill you can learn. Yet, coaching many senior people, I've seen how often a lack of confidence or self belief gets in the way of achieving potential in all sorts of situations. I coach career-minded women; working with them so they build their confidence, find solutions to their challenges and can thrive inside and outside of work.

Examples of things we might work on include: taking the next career step; preparing for a new project or job; tricky working relationships; resilience; office politics and achieving a more sustainable work / life balance.

My coaching approach is forward looking. Focused on walking alongside you so you achieve what you want to achieve. You set the agenda and I'll tailor the coaching. I work in line with the Global Code of Ethics for coaches, actively continue my professional development and attend regular supervision.

The majority of my career has been spent in corporate environments and I have start up experience to. In my last corporate role I also led a team of internal coaches working across the business to support leadership development, change programmes and support individuals.

Contact details:

sophie.carvin@deror.co.uk

0776 9978107

www.linkedin.com/in/sophiecarvin

www.deror.co.uk

