



Alison Sheridan

Consultancy and Coaching experience

Alison has experience within commerce and industry, specifically within international banking where she spent eight years working in prestigious international organisations. She is a professionally qualified Coach, with extensive experience in coaching senior corporate leaders & rising stars in top talent pools. Having played two sports at international level, captaining British & Irish teams, Alison has a natural affinity for working with talented teams, who aspire to operate at the highest level.

Alison has successfully coached a range of CEOs, Entrepreneurs and Consultants from sectors including Banking & Finance, Healthcare, Leisure & Conference, Training & Recruitment.

Alison is passionate about remaining on the cutting edge of her industry. She designs & facilitates bespoke programmes for leaders and teams especially in the areas of emotional and relationship intelligence. The emphasis in the structure of these workshops is experiential learning. The intended outcomes are sustainability & practical implementation, leading to a long-term ROI for the client.

The outcomes of Alison's impact is best expressed through the longevity of her client relationships (from 1-5 years) and testimonials and feedback direct from her Coachees:

"...creates a space for me to look honestly and courageously at my life, my work and my role in it."

"...a terrifically powerful union of personality, intuition, experience and intelligence."

"...knowing that she has had a successful career herself in a demanding environment, so is rooted in hard reality rather than trotting out half-baked, untested theories."

Line management experience

Alison's portfolio of executive private clients including Bank of England, Kingdom of Sweden, BP, BHP of Australia, Kuwait Investment Office, and World Bank. Alison worked within a trading limit of \$500 million and was rapidly promoted to Vice President of North America's largest bank. Her career has spanned 25 years in a range of disciplines including banking, property development and coaching/self-development.

Background

Alison's key qualifications include:

- 🌀 BA French & German, Queens University Belfast
- 🌀 CPCC - Certified Professional Co-Active Coach trained by CTI of America 2003.
- 🌀 Over 2,000 hours of coaching experience
- 🌀 Certified NLP Practitioner & Train the Trainer
- 🌀 Graduate of ORSC (Organisation & Relationship Systems Coaching) an advanced coaching programme (Oct 08) – the only team coaching programme endorsed by the International Coach Federation