



## About Cara Cunniff

Cara is a Performance Coach/Consultant. Her expertise is leadership and employee development training, enabling individuals to flourish and businesses to thrive.

With 30 years of corporate, coaching and entrepreneurial experience, Cara has an extensive background in performance, leadership, and business. She has consulted for organisations such as HMRC and British Telecom, served as a British Army Officer in the inaugural British Military Psychological Operations capability, and is a serial endurance athlete. Her diverse experiences have informed her approach to performance optimization.

Cara has started and grown two European SME businesses, showcasing her strong business acumen and understanding of building businesses from the ground up. She has also gained diverse cultural experience through living in the UK, Belgium, France, and Germany, developing her ability to adapt to and facilitate different learning environments.

### Examples of Cara's work:

- Designing and delivering The Resilience Advantage Programme for the sales and recruitment industry.
- Facilitating online group discussions on various business support topics for start-ups and entrepreneurs as a part of Enterprise Nation's Training.
- Coaching clients at all organisational levels, offering a fresh perspective, strategic questioning, and attentive listening to help them achieve their leadership and business goals.
- Providing one-to-one and group coaching for business founders and middle management seeking a more fulfilled life.

### Accreditations

- Association of Coaching Level 5, Life and Business Coaching
- BA Business Studies, 2.1 Hons. European Stream (French and Spanish)
- Etudes de Commerce, Ecole Supérieure de Commerce, Montpellier, France
- Endurance Athlete, Ultra-Marathons, Ironman, Marathon Des Sables (6 marathons in 7 days across the Sahara Desert), Escape from Alcatraz.
- Mental Health First Aid England Training in Mental Health Awareness
- Member, Chartered Management Institute
- Neuro-Linguistic Programming, Master Practitioner
- Veteran Reservist British Army Officer, Royal Military Academy Sandhurst