# Executive Coach Profile: Stephen Burt.

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| **Coaching Philosophy, what coaching means to me:** | I work with the way in which clients present themselves and with the story they have about who they are and what challenges them. That means that coaching sessions are both exploratory and an opportunity to ‘rehearse’ and experiment with different strategies, ways of being and turning up. Our focus is on real-world change for them, their teams, and organizations. But there is often lightness and humor even though clients’ challenges are important and serious. I have learnt that what clients take from a session includes what they experience and how they feel in the session, not just what they think or discover cognitively. Working how I do not only supports action and change, but also helps shift their emotional response to their challenges and build a more resilient and nuanced sense of self. |
| **Location & Languages** | UK, English |
| **Executive coaching experience** | **Level:** All levels from emerging leaders to CEO and Board Directors  **Business Sectors:** Financial Services, Biotech, Manufacturing, Technology, Consultancy services, Central Government, Military, Performing Arts, Higher Education  **Locations**: UK, Western Europe, Middle East, Asia, Eastern Europe  I have been coaching at senior and executive levels for over 20 years. I teach coaching skills on MBA and in-house programs. I am also a published writer, researcher, and speaker on coaching. |
| **Work Experience** | Mathematics teacher, educational researcher, in-house consultant, senior civil servant, company director for boutique consultancy. |
| **Testimonials** | “I particularly appreciated the calm way in which you dealt with my early harassed engagement. I never felt pushed in any particular direction but nonetheless felt firmly held to focusing on the issues I had after all raised myself – a useful lesson in responsibility.”  ***Senior Scientist, Defra***  “The objectives we agreed and set at the beginning are now being realized. It is also helping me to question my own perceptions of my team. I have learnt: don’t be afraid to challenge thoughts and conceptions, thinking through all situations and self-questioning really does bring new perspectives and new ideas.”  ***Senior Director, Global Technology Company*** |
| **Coaching Accreditations** | * Certificate in Executive Coaching, School of Coaching at the Work Foundation / Strathclyde University 2002 * Accredited in psychological testing (levels A and B) by the British Psychological Society * Accredited in the use of the NEO-PI R personality inventory * Science of Happiness at Work™ * Member of the European Mentoring and Coaching Council |