

## Coaches

### Flora Mac Donald



*“My mental health improved significantly, the tools enabled me to better understand and deal with difficult situations, and Flora’s perspective gave me the ability to see myself and my achievements in a way that changed my mindset – and gave me true confidence.”*

Coachee Feedback

Flora has over 17 years’ commercial experience with a proven track record as an executive coach and facilitator in the field of Talent Management coach and facilitator in the field of Talent Management. She has worked with clients at every level of seniority, from Board level to emerging talent.

Flora’s experience covers a broad range of industry sectors and organisations, including UK programmes with FTSE 100 companies and internationally based assignments with multinationals. She is highly experienced in the field of people development, team building, change management and career progression.

### Sanchia Moraes



Sanchia is a talented L&TD consultant, facilitator and executive coach with specialist expertise facilitating workshops for leadership teams, management development, culture and behaviour change, career conversations, and building high performing teams.

Sanchia has held senior L&TD roles at global professional services firms including Baker McKenzie, Miller Insurance, and Legal & General Investment Management. She is a Master NLP practitioner and certified to use a wide range of psychometric assessment tools. She has coached and trained people at all levels, including Board Executives.

With an impressive portfolio of more than 27 years’ experience, Sanchia has a track record for consistently adding value and solving people problems.

## Jonathan Geard-Beney



Jonathan's wealth of experience in learning and development spans over 27 years and includes employers and clients from many household names; in retail, finance, utilities and manufacturing.

As a qualified and experienced NLP trainer and coach (ICF and AC member) Jonathan uses many aspects of NLP and Accelerated Learning to facilitate fun and rapid learning.

Jonathan is an Associate of CIPD and sits on the local committee. In all his work, he brings enthusiasm, flexibility and a passion for helping people transform themselves through learning.

## Janice Benning



Janice is an enthusiastic and experienced lecturer, presenter and coach. She specialises in working with individuals and groups, creating and delivering innovative training and coaching sessions promoting performance, resilience, mental health and wellbeing both in and out of the workplace.

As someone who experienced and ignored the warning signs of burnout and suffered the consequences, she is passionate about ensuring others maintain health and balance in a challenging world.

Janice has an international portfolio of clients and has worked with a broad array of corporations and organisations, including MUFG, Time Inc, Schroders, AON, Allianz, Lloyds of London, Mitsui, T. Rowe Price, Jupiter, ASOS, Island Records, British Police force and Naval Charities.