

# Associate Coach Bio – Rachel Ingham



**Rachel Ingham**  
**Associate Coach**

## **Coaching**

Rachel is passionate about helping and supporting others. Through coaching she facilitates development, wellbeing and performance by raising awareness, identifying goals and exploring choices. Each session is action orientated in order to create momentum for the client

## **Leadership**

Rachel's career has been split between the three fields; business, psychology and education. This combination enables her to support healthy progression and personal development. Rachel supports and facilitates a range of individuals teams across a wide range of small and large businesses.

## **Qualifications**

- MSc Occupational Psychology
- Diploma in Psychology Open University
- BA QTS Music
- Director and Head Coach at Supporting Champions
- Advanced Certificate in Executive Coaching and Mentoring, Guildhall School of Music and Drama
- European Individual Accreditation as Coach Practitioner, European Mentoring & Coaching council

## **Specialisms**

- Aligning personal and team goals
- Building trust
- Mindset
- Leading under pressure
- Resilience and sustaining performance

## **Experience**

Director, Supporting Champions  
Psychometrician, Caters News Agency  
Teacher, St Martins Preparatory School & South Littleton C of E School

## **Contact**

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