

Associate Coach Bio – Sarah Gillett



Sarah Gillett CMG CVO
Associate Coach

Coaching

Sarah coaches to help others understand themselves better, achieve goals, solve problems and navigate change. She designs her approach to the agenda of each client, drawing from a range of researched thinking and practical techniques.

Leadership

Sarah became a coach after a career in public service as a diplomat. When she was in senior leadership in the British diplomatic service, Sarah discovered how coaching enhances individuals and teams. She now loves sharing the power of coaching with others.

Qualifications

- MA Hons, Aberdeen University
- Executive Development, McGill University
- Advanced Management, McGill University
- Top Management Programme, UK National School of Government
- Advanced Certificate in Executive Coaching, Coaching and Mentoring, Guildhall School of Music & Drama
- European Individual Accreditation as Coach Practitioner, European Mentoring & Coaching Council

Specialisms

- Strengthening leadership
- Developing teams
- Polishing communication skills
- Building individual strengths and self-confidence
- Flexing strategic thinking to optimise fast-changing circumstances

Experience

Executive Coach

British Ambassador to Norway

British Ambassador to Switzerland & Liechtenstein

Director of Protocol & Vice-Marshal of the Diplomatic Corps, London

British Consul-General, Montreal

Deputy Head of Mission, British Embassy, Brazil

Contact

sarahgillett@yahoo.com