

JULIE STOKES OBE

PARTNER, EXECUTIVE COACH

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Julie's coaching is shaped by her deep understanding of how people and systems respond to change. This comes from over 30 years' experience as a CEO, Non-Executive Director, and as a Consultant level Clinical / Health Psychologist. Her clients appreciate her intuitive radar of working out what it means to be them, in their particular role, navigating increasingly complex systems successfully. This is matched by an ability to 'gently yet firmly' hold up the mirror, helping her clients to see opportunities for greater business performance alongside personal happiness/wellbeing.

EXPERIENCE

A former CEO herself, Julie has worked for 15 years as an Executive Coach and confidential thinking partner for talented people, keen to improve their performance and strengthen their leadership impact.

Julie's entrepreneurial career started in the NHS. She helped to establish one of the first hospital based Palliative Care Teams. In 1992 she was awarded a Winston Churchill Travelling Fellowship and founded Winston's Wish - which is now over 30 years old and a leading service for bereaved children in the UK.

Described by HM the Queen in 2004 as a 'Pioneer to the Life of the Nation' she has a natural talent for embracing tough subjects and harnessing the creativity and gravitas of individuals she coaches. She helps her coachees to build their own brand of inspirational leadership and create influence in complex matrices.

In the past 10 years - typical coaching assignments have been to coach leaders particularly those transitioning to Board or GM/Director. Her approach is ruthlessly bespoke to each individual, their role and the systems in which they operate. She has coached in a wide variety of business sectors, including Family Offices. As a former Health and Clinical Psychologist Julie can also reflect on a person's physical and psychological health while delivering at a GM/ Executive Board level. She also has the experience of supporting families coping with serious or chronic illness or the impact of death/bereavement in their lives.

Julie understands the challenges of influential communication - she has published several books and contributed to over 16 documentaries. Her significant career achievements were recognised with an OBE in 2006 and in 2015 Julie received a Lifetime Achievement Award from Women in Business sponsored by Barclays and an Inspiration Award from Zurich Financial Services.

EDUCATION, QUALIFICATIONS, PROFESSIONAL MEMBERSHIPS

- First Class honours degree in Psychology and Masters in Clinical Psychology
- Associate Fellow of The British Psychological Society
- Organisational Systems and Family Therapy
- Trait Emotional Intelligence Practitioner
- Experienced 'Be Yourself at Work' practitioners for Board level leaders.

