

# The Preston Associates

EXECUTIVE COACHING SPECIALISTS

**CARRIE CHAPPELL**  
EXECUTIVE COACH

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Carrie's coaching style is warm and empathetic. With her calm energy and holistic approach, she supports her clients to strengthen their mindset, confidence and professional impact to achieve their full potential. She is a firm believer that you perform at your best when you bring your whole self to work.

## **Experience**

Carrie brings over 20 years' corporate experience to her coaching practice, having led Global and UK marketing campaigns for clients such as Coca-Cola, The Walt Disney Company, Unilever, Heineken and Kraft Heinz. She has vast experience in developing, leading and motivating individuals and teams to deliver highly successful, award-winning commercial campaigns.

Since qualifying as an executive coach, Carrie now supports her clients to identify their goals, overcome both professional and personal blocks and play to their strengths. She has a particular interest in working with senior and high potential female leaders to ensure they achieve their full potential.

Carrie lives in London with her husband and three young children and loves to travel.

## **Education, Qualifications, Professional Memberships**

- Postgraduate Certificate in Personal and Business Coaching, University of Chester
- Member of the International Coaching Federation
- Professional Postgraduate Diploma, Chartered Institute of Marketing
- BA (Hons) Political Studies and Law, University of Leeds