

The Preston Associates

EXECUTIVE COACHING SPECIALISTS

LEE MEARS

PARTNER, EXECUTIVE COACH

lee.mears@theprestonassociates.com

M: +44 (0)7976 575 976

T: +44(0)20 7373 5663



Lee's coaching style draws on his 20-year career as an elite sportsman. His style is generous, supportive, thoughtful and very client focused for the achievement of personal and team goals.

EXPERIENCE

With two Rugby World Cups, 43 international rugby caps for England and a British and Irish Lions tour under his belt, Lee has been involved in building and developing high-performing, self-motivated teams at the highest possible level. He currently coaches senior executives, teams and Boards across a wide range of sectors from finance, investment banking and commodity trading to tech, retail and manufacturing.

Lee's passion for coaching is rooted firmly in the belief that you can lead others only by understanding yourself and working to enhance and enrich your own performance first. "You've got to learn to walk the talk before you can inspire others through your actions. That's a big part of getting leadership right."

From his sporting and business journeys, Lee recognises the strong correlation between the two worlds. He believes that success depends on bringing people together to strive for a common goal, enabling them to move forward in the same direction. Empowerment and 'buy in' are the prerequisites needed to create the culture of success in either environment.

Lee strongly believes that discipline is an important aspect of management. Through coaching he provides that elusive space and time that senior business leaders need to develop a growth mindset that will enable them to establish the solid foundations for long-term prosperity. Lee continues to develop his role within the rugby community, sitting on the Bath Rugby Foundation Board and being an active Patron of various rugby charities and a cardiac research charity.

EDUCATION, QUALIFICATIONS, PROFESSIONAL MEMBERSHIPS

- Post Graduate Certificate in Executive Coaching, University of Chester
- BA Hons in Leadership and Management
- Level 3 RFU UKCC Coaching Certificate