

The Preston Associates

EXECUTIVE COACHING SPECIALISTS

EILEEN COUPIN
EXECUTIVE COACH

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Eileen is an ICF-certified Executive Coach and Leadership Facilitator who brings over 20 years of international experience in leadership, finance, education, and business consulting across Europe and Asia-Pacific. Before moving into coaching, she held senior roles in education, banking and start-ups. Her global career has shaped her deep understanding of cultural nuance, human motivation, and organizational change.

EXPERIENCE

Known for her warm, incisive coaching style that blends insight with challenge, Eileen partners with leaders navigating transition, growth, and complexity. Her work focuses on building clarity, resilience, and authentic influence - helping clients stay effective and energised without burning out. She draws on frameworks from neuroscience, systems leadership, and positive psychology to enable sustainable behavioural shifts.

Eileen's recent engagements include coaching C-suite and senior leaders in banking, sustainability, and education, as well as facilitating leadership and resilience programmes across APAC and Europe. She has designed and delivered initiatives on growth mindset, resilience, and responsible leadership for global organisations.

A Belgian-Irish Singapore PR fluent in English and French, Eileen brings a rare combination of multicultural fluency and business pragmatism to her work. Her mission is to help leaders align purpose with performance - so they can lead with confidence, clarity, and calm impact.

EDUCATION, QUALIFICATIONS, PROFESSIONAL MEMBERSHIPS

- International Coach Federation (ICF) Certified Professional coach (PCC)
- Hogan Assessment, Certified Practitioner
- Certified High Performance Coach, High Performance Institute
- MSc International Business, University of London
- MA International Relations, Centre International de Formation Européenne, France
- BA European Social and Political Studies, University College London
- Cambridge Judge Business School – Circular Economy and Sustainability Strategies - Executive Education
- Harvard Business School – Executive Education