The Preston Associates
EXECUTIVE COACHING SPECIALISTS

DR ROB WILSON
EXECUTIVE COACH

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With more than 20 years of experience in leadership, high-performance coaching and executive development, Rob is an in-demand trainer, facilitator, executive coach, and mentor that understands the challenges of organisational life and how to overcome them. He has helped hundreds of talented leaders to step into significant personal and professional challenges with confidence.

EXPERIENCE

Rob's executive coaching experience includes individual and team engagements with C-suite leaders, executives, general managers, high potential talent and their teams. These engagements span various industry sectors including government, banking & finance, healthcare, FMCG & retail, professional services, construction and aviation. Coaching engagements are typically developmental, performance, career transition, skills-based or remedial in nature. Before focusing on coaching and executive development, Rob held leadership roles in Australia, Asia, Europe and the United States. Rob has extensive business experience having held leadership roles in Australia, Asia, Europe, and the USA. He has lead organizations through change, building successful teams along the way. He has held roles as a European Region Head based in Paris, Director of a Pharmaceuticals Division based in Sydney, Director of Business Development (M&A) based in Sydney and Asia Pacific Region Director of Commercial Excellence.

Rob holds a PhD from Oxford, an MSc in Coaching Psychology from Sydney University as well as an MBA from MGSM in Sydney. Rob is an ICF PCC credentialed coach and holds a faculty position with the Institute of Executive Coaching & Leadership in Sydney, training the coaches of tomorrow globally in ICF Accredited Coach Training Programs (ACTP). In addition to this Rob delivers coaching skills training to organisations. Outside of work Rob is a passionate long-distance runner and shares this passion with his wife, Elise. On the weekend he can often be found on Sydney harbour or trail runs in preparation for an ultra-distance event coming soon. Rob’s focus on health, relationships and continued learning enables him to bring his best to his coaching practice.

EDUCATION, QUALIFICATIONS, PROFESSIONAL MEMBERSHIPS

- PhD in Chemistry, University of Oxford
- MSc in Coaching Psychology, University of Sydney
- MBA, MGSM, Sydney
- Professional Certified Coach (PCC), International Coaching Federation (ICF)
- PIECL, Institute of Executive Coaching & Leadership
- Mental Health First Aid
- Fluent in English; proficient in Italian

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