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Home
West Mersea, Essex

Aileen Garven

Leadership Coach

With over 30 years experience in various sales, leadership and development roles, Aileen has a wide overview of the challenges we face in our busy 21st century lives. Aileen has a combination of strong analytical skills, coaching expertise and a passion for excellence that enables her to support her clients to create their own unique strategies for success.

MAJOR INFLUENCES

- ✓ Applied Neuroscience
- ✓ Positive Psychology
- ✓ Biological Psychology
- ✓ Behavioural Psychology

KEY SKILLS

- ✓ Executive Coaching
- ✓ Leadership Coaching
- ✓ Integration/Career Coaching
- ✓ Removing limiting beliefs
- ✓ Resilience Specialist
- ✓ Enhancing communication
- ✓ Creating high performing teams
- ✓ Personality Profiling
- ✓ Using Metaphors and Mindsets

STYLE

Aileen is a values based coach and adopts the most relevant approach to the relationship so that the most beneficial outcomes are identified and worked towards through a range of tools and techniques.

She offers her charges above all else, time to think, time to pause and time to pivot. Her favourite coaching quote is by Tom Landry,

"A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you could be."

BACKGROUND

Aileen began her career as an Intelligence Analyst in the British Army where she served fifteen years exemplary service including operational tours in Northern Ireland and the Balkans.

Aileen's career has a strong training and development theme with her achieving distinction grades for instructor performance in a number of disciplines and being appointed the high profile position of cadet instructor at the Royal Military Academy, Sandhurst. In addition to this, Aileen represented the Army and Combined Services in Football, Volleyball and Netball.

In 2008, Aileen undertook a new study path and completed a degree level NVQ in Health and Social Care and then started her BSc Psychology both while holding down a full time job.

In 2016, Aileen graduated from Infinite Excellence having completed foundation and Masters Level qualifications in Neuro Linguistic Programming (NLP) Practitioner, Coach, Timeline Therapy and Hypnotherapy. Aileen immediately put her new skills to good use in the corporate environment proving particularly in press releases, sales engagements, individual and team development, workshop delivery, public speaking and project management.

Aileen was invited to join the "Best of Belron" coaching faculty in 2018 to support the integration coaching and onboarding of senior hires within the group.

In 2019, Aileen was invited to join Disruptive Executive Hiring Limited to complement their small, but highly aspirational team of Leadership Headhunters.

Aileen is the Chief Operations Officer and is responsible for co-authoring and co-delivery of a number of learning and development courses. Aileen is also part of the coaching team that delivers executive coaching and the integration coaching program

EDUCATION

2014 – OPEN UNIVERSITY

BSc Psychology

QUALIFICATIONS

2010 – City and Guilds

NVQ Level 4 Health and Social Care

2016 - Infinite Excellence

NLP Master Practitioner

NLP Master Coach

NLP Master Timeline Therapist

NLP Master Hypnotherapist

2018 – The Knowledge Academy

Change Management Practitioner

2020 – ITS NLP

Certificate in Applied Neuroscience for Brain and Behaviour Change.



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