



# Associate Profile

## Alice Darbyshire



Alice's career of working in the most senior HR roles has set her up perfectly as a master of managing people. In 2016, she set up her own business working as a coach, trainer and HR Consultant. She predominantly works in the creative industries although has more recently found herself within the travel and construction sectors.

Alice strongly believes that real competitive advantage can be gained through highly effective line managers and leadership. With this, the focus of her work is to support individual and group transitions into senior roles.

Alice is particularly interested in the psychology of people and her training focuses on raising participant's self-awareness to impact behavioural change. Her training is filled with first hand business and management experience, which she adapts to her clients. Her natural and energetic style makes her an engaging trainer who truly speaks to the hearts and minds of the people she works with.

### Qualifications/Experience

- Diploma in Coaching
- Member of ICF
- Member of CIPD
- MA in HR Management

### Specialist Areas

- Management and Leadership development, with roots in psychology and neuroscience
- Behavioural development
- The impact of energy of performance
- Resilience
- Women in leadership
- Confidence

*"I thought Alice was absolutely excellent. It was a truly valuable session that is already enabling me to support my team better. In particular, I'm listening more deeply to understand and empathise with their issues. The feedback structures have also really hit home. I feel armed with expert and useful techniques"*

