

Julia Miles

Advanced Coach
Outplacement Consultant
Youth Work Volunteer



Profile

Julia couples her boundless enthusiasm for life with an ability to inspire her clients, enabling them to achieve both personally and professionally. With over 10 years experience of 'one to one' outplacement and latterly coaching, both virtual and 'face to face', in corporate, military and personal capacities delivered with confidence, integrity and respect. Whether it is liaising with military personnel worldwide, delivering projects, working with youth, presentations at universities, guiding executives in large multi nationals and from 'shop floor' to 'board room' there is always a quiet strength and total professionalism. A graduate from European Coaching Foundation with advanced coaching qualifications and a glorious eclectic wealth of knowledge from the University of Life !

Estimate of Total Number of Individuals Coached	25 Used coaching techniques extensively with over 2500 clients during outplacement sessions over 10 years
Years of Experience as Coach	3
Cross Cultural / International Experience	1995 – 2003 Outplacement for MOD working remotely with clients based in various environments and 'theatres' of action worldwide, and those being medically discharged from the services. Voluntary youth work – Duke of Edinburgh Award Scheme, Sea Cadet Corps, Tall Ships Sailing, Youth Enterprise Scheme, working successfully across cultures and perceived boundaries
Coaching Qualifications	Graduate of European Coaching Foundations – Advanced Coach