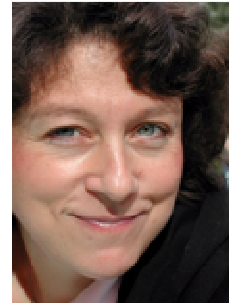


**Michele Williamson**

Coaching Psychologist  
Career Coach  
Organisational Psychologist  
Human Resources Consultant



**Profile**

Michele's coaching is grounded in psychology, and her understanding of people's behaviour in and out of the workplace, gained from professional and business experience spanning twenty years. Her assignments in organisational psychology, human resources management and consultancy and coaching/mentoring have covered staff at many organisational levels across a variety of business sectors; in multinationals and SME's, not-for-profit organisations, and professional partnerships.

Michele's coaching is challenging and supportive. She is a great believer in recognising and building on the 'positives' in life; empowerment, motivation, self-confidence and awareness, goal-setting, performance enhancement, taking personal responsibility, and self-development represent core themes in her coaching.

Michele recognises that work-based topics raised in coaching may reflect broader and deeper needs; she is able to support individuals as they work to enhance on-the-job performance and address longer-term goals. To increase self-awareness, insight into others, and to augment coaching outcomes Michele may use psychometric assessments.

<b>Coaching Experience</b>	As an organisational psychologist, HR professional and management consultant, coaching has been an integral technique in Michele's work over the last 20 years.
<b>Coaching Qualifications</b>	Postgraduate Certificate in Coaching & Mentoring Practice (equivalent), Oxford Brookes University; MSc Occupational Psychology; Member, Special Group in Coaching Psychology, British Psychological Society.