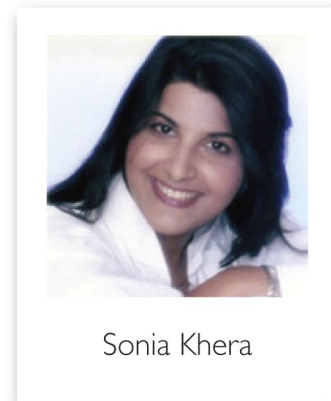


Coaching Biography – Sonia Khera

Sonia is an experienced Executive Coach and Associate Consultant working with expert people development companies. She offers 10 years of experience leading her own business consultancy together with a 20 year senior management background successfully developed within Global Telecommunications and UK SME commercial and key areas of the public sector market across key business disciplines



Qualifications and membership of professional bodies

- Professional Member of the Association of Neuro Linguistic Programming
- Member of Association for Coaching UK
- NLP Business & Master Practitioner
- Certified Professional Coach
- Board Certified Coach (BCC): Center for Credentialing & Education
- Belbin Team Roles trained and Accredited

My specialist areas

I specialize in strategic one to one executive performance development to facilitate leaders & management to achieve career milestones. My sound commercial awareness is proven with a record of success with professionals developing potential, enhancing talent and accelerating career progression.

I focus on Management and Leadership skills, people management skills, effective communication with influencing, persuading and assertiveness, managing change and cultural diversity embedded with strategic thinking.

I deliver bespoke career outplacement solutions to organisations committed to supporting their personnel through professional change. Personal attention is provided to prepare them personally and professionally to be confidently well positioned within the current job market to successfully secure their career transition and progress.

Development Areas:

- Career clarity and strategically managing successful career transitions.
- Management and Leadership skills: working to strength, generating a self and team motivational spirit to inspire performance excellence as a role model.
- People management skills: developing personal style and approach focused on demonstrating respect, integrity & value of people.
- Effective communication: influencing, persuading and assertiveness.
- Managing Change & Diversity: professional, personal, organisational & cultural.
- Strategic thinking, being with creative visioning (Micro & Macro level).

My coaching style

I am passionate and committed in meeting the needs of each individual and their organisation. Whilst I have the full repertoire of “the coaching tool kit” available I work best intuitively by building a deep authentic relationship with my client. This understanding helps me to use a combination of directive and non-directive methods to help achieve their results at a challenging pace.

I enable the client to raise self awareness to recognise their natural skills sets, learnt capability and uncover all their hidden abilities and motivations so they are empowered to take positive actions towards change and achieving their goals.

Trust in me through the process of feedback is pivotal to stepping out of their comfort zone which enables them to address, rise above and beyond their perspectives.

Sector Experience

I have coached and mentored senior management and developed management talent transitioning to senior positions across a variety of industries and key business sectors including: Telecommunications, Information Technology, Automotive Sales & Manufacturing, Transport Services (logistics), Publishing, Leisure and Healthcare. My clients range across both the public sector and private corporate, small to medium sized enterprises.

Experience at Board level

I enjoy working with senior knowledgeable and self motivated professionals who have achieved career status and success. I am passionate in supporting their continued ambitions to lead as role models by making a positive difference to themselves, their peers, company, industry and the global community at large. My aim is to endorse their legacy and mission to add value where work is not work but pure fun!

What sort of person am I?

Although I am soft spoken and gentle in my approach, my ability to question, isolate and identify the issues are sharp and incisive. I give practical support with a hearty dose of aspiration to motivate action!

My clients would share how committed and passionate I am about what I do. Simply put “I love it” and they know this fact. As they work with me they see me as a valued ally and resource.

The opportunity to learn from my clients and share their development journey often humbles me when I witness their remarkable professional and personal change and realise that potential is untapped power.