



TERESA BOYLE

Location: London and South West

Brief career history

Teresa is a Director in her own leadership development business. Working across private, charitable and public-sector organisations, Teresa specialises in developing leadership skills and effectiveness through executive coaching and designing and delivering impactful leadership programmes. Teresa also has a wide experience working with senior leadership teams to facilitate their strategy and leadership meetings.

Teresa is understanding of the many challenges facing leaders today as the business landscape continues to change apace; as a qualified coach, experienced facilitator, developer and consultant, Teresa's area of expertise extends to include leadership and management development, organisational development, personal and professional effectiveness, including emotional intelligence and personal resilience, change management and team development.

With over ten years of experience in leadership development, Teresa's career began when she was a member of the research team at a renowned Leadership Institute. Moving from there to study for her MA in Management, Teresa then worked for several years as an Associate Lecturer in Professional and Business Development at the University of the Arts, London, and as Course Leader for Business Foundation at St. Giles International, Brighton. Teresa is an associate consultant with HR Advise Me and a volunteer mentor with the University of Brighton, where she works with vulnerable students.

Coaching credentials

Having qualified as a coach with the Institute of Leadership and Management (ILM) in 2014, Teresa has gained considerable experience in both executive coaching and designing/delivering coaching programmes for coaching managers and new coaches.

Teresa is also a member of the Association for Coaching.

Coaching speciality

Teresa's approach centres on recognising the uniqueness of an individual; through exploring and, when necessary, challenging work practices and behaviours Teresa works with her clients to develop both their capability to address and influence on their own personal development and organisational challenges

What benefits do you bring to your coachees?

I work with my clients to enable them to build self-reliance and responsibility through raising awareness and developing and maintaining confidence in their own abilities and development.

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