

Chris Stafford

Coaching
Focus
Group



Meet Chris

I am a very experienced coach and facilitator, with 20+ years of Leadership and Management experience across multiple sectors/industries. I have a wealth of experience coaching professionals in a corporate setting, as well as individuals from underrepresented communities and backgrounds.

I have a proven track record in team and individual coaching, specialising in transformational coaching at all levels, with a particular expertise working with managers, leaders, and young people. I have supported a variety of organisations such as, Direct Line, Co-op, British Airways and YMCA. Helping individuals and teams to achieve their goals and realise their potential. I am at my best when working with clients in the arenas of leadership, change, career development and wellbeing.

Coaching Style & Expertise

My whole ethos is driven by an innate belief in human potential and creating a platform for the individual/s to harness and nurture this. I am able to create an environment where clients feel comfortable and psychologically safe to explore their desired objectives, with appropriate challenge creating a transformative experience. I am equally experienced working with senior leaders in corporate settings as well as underrepresented and minority groups. I have an understanding and awareness of the systems that are at play, ensuring I coach with a lens of diversity, inclusion, and equity. I have experience coaching across numerous fields including Sales, Technology, Retail, and all levels of leadership, up to and including executive level.

Former clients describe my coaching style as warm, empathetic, challenging, authentic and transformational. My real strength is my ability to listen intently and challenge thinking, to ensure clients gain the maximum success from the coaching experience and help them to achieve the outcomes they are looking for. I have a passion and knowledge for neuroscience, in particularly mind management models to support individuals to understand their values, beliefs, thoughts, emotions, and behaviours.

Qualifications/ Accreditations

- EMCC Practitioner Course via The Performance Coach - 2015
- Co-op Coaching Programme - 2018
- Strengthscope Practitioner and Strengthscope Team Practitioner - 2018
- ILM Level 5 in Effective, Coaching and Mentoring - 2019
- ICF Certified – Mastering Your Power Coaching Programme – 2022
- ILM Level 7 – Effective Coaching & Mentoring Supervision – 2022

Testimonials

“Christian provided some executive coaching to me over a six-month period during the pandemic. That context is important, as at an uncertain time, he was able to articulate the importance of a longer-term vision and being anchored around core values. He helped me to understand and concretise these values, both as a person and professional, which led to a positive uplift in my working life. He’s kind, empathetic and a great listener. I’d recommend him to anyone who wants a down-to-earth coach who has lived experience of many of the challenges today’s professionals are trying to navigate.”

“I have worked with Chris on his journey as a coach, both as a tutor and as a supervisor. His passion for his own learning and development is mirrored by his passion for developing others. He has the innate ability to create a safe space that allows personal reflection on a much higher plane. His experience in the world of work allows him to bring a pragmatic challenge into his style, which his clients appreciate and respect. As he moves forward in his career, his supervision skills in coaching will serve him, his clients, and his passion well.”