

Profile:

**LESLEY
COLCORD**
Executive Coach

Coaching Style

Lesley is a strategic coach with a strong creative edge. She has spent many years coaching and collaborating with driven, ambitious achievers. From this position she has learnt (and is still learning!) a great deal about the constant common challenges our leaders and businesses face and how to deal with them head on. In this busy, distracting, time poor world, she believes that by tapping into our own special uniqueness and becoming truly aware of our own strengths, motivators and values allows us to operate in a much more harmonious, successful and therefore satisfying way.

Professional Experience

Lesley has been a coach since 2002 working predominantly in the executive & entrepreneurial space. Lesley's background prior to coaching was largely focused in the areas of training and change management. She worked as a self employed consultant assisting large

companies with technical change management and training. She has designed many training modules and written many manuals in her day! Lesley was an ambitious youngster when she first hit the work force and started off her career with Glaxo / Welcome UK.

Coaching & Facilitation Experience

Coaching, facilitating and training is all Lesley has done for the past 25 years! She has presented workshops and training courses for Air New Zealand, TVNZ, various government departments, Auckland City Council and many more. She has facilitated many workshops on varied subjects mainly related to human behaviour and professional performance. Some of the topics have included: team dynamics, managing stress at work, time management, building personal and professional brands, building resilience, effective communication, gentle power versus demanding power, conflict

resolution & work/life integration. Prior to coaching she ran many courses & workshops on technology and I.T. topics and products. Lesley is an engaging, lively and fun coach and presenter and creates a relaxed, effective and interactive environment.

Qualifications

- Teaching Diploma
- Certificate in Adult Teaching
- Professionally Trained Coach

Professional Membership

- I.C.F. (International Coach Federation).

