

Professional Coaching

Example Bios

The following coaches are available for UKRI employees

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Work&Grow

Work&Grow Coaches for UKRI



UK Research
and Innovation



Carrie White - HR Director

Specialist in Leadership, Talent and Development

Carrie White is a multi-award winning HR Director specializing in leadership, talent, and development. With a passion for driving excellence, she coaches and mentors individuals to exceed their potential in the workplace.

As a thought leader, Carrie champions innovation and creates exciting content to enhance leadership and interpersonal skills. She collaborates with business leaders to build high-performing international teams. Carrie's coaching expertise includes leadership development, talent management, team building, innovation, and navigating change in complex global environments. Her goal is to empower individuals to thrive personally and professionally.

Carrie White

Core Skills

Leadership Development | Talent management | Team building and collaboration | Team Building and Collaboration | Innovation and Creative Thinking | Navigating change and complexity | Interpersonal skills | Communication and Presentation | Time Management and Productivity | Career Planning and Development | Building High-Performing Teams | Emotional Intelligence and Self-Awareness



Testimonials

"Great teams create great memories. You have been instrumental in creating memories for 1000s of people across the organisation. Your energy and innovation have contributed to this."

"Your frankness and direct conversations, your drive, energy and passion for coaching has helped with my personal growth."

"I will remember you for your warm thoughts, career guidance and coaching which has helped me in my career. You're a star in helping others to find direction in their careers!"

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Mike Hepburn - Exec Coach

Media Background | FT Board Dir Programme

Mike is a former CEO of an international media company with over 20 years of senior management experience in global media organisations such as The Guardian and The Telegraph.

He now specialises in executive coaching, guiding executives through leadership transitions and career planning. Mike's non-directive approach focuses on building self-awareness and self-reflection for reaching full potential. As the Managing Director at the Financial Times FT Forums, he oversees leadership development programs and a training business for board directors. With a wealth of business acumen and a proven track record, Mike offers valuable insights and support to his clients.

Mike Hepburn

Core Skills

Leadership Transitions | Career Planning Self-Awareness and Self-Reflection
Personal Fulfillment | Business Acumen Board Director Training | Strategic Thinking
Communication and Collaboration Decision-Making | Goal Setting and Achievement | Time
Management and Prioritization | Conflict Resolution | Emotional Intelligence | Resilience and
Stress Management | Building High-Performing Teams | Change Management



Testimonials

"Mike is a brilliant coach and an attentive listener who has that rare ability to combine logic, emotional intelligence and practical suggestions to help you realise your truest self. He's also a genuinely down-to-earth and trustworthy guy with a wealth of knowledge and leadership experience. I wholeheartedly recommend him!"

"Mike is an exceptional career coach. Emphatic, kind, and a great listener! I have had the pleasure of working with Mike over the course of a year to gain advice on navigating a difficult work situation. I have since found a job that aligns more closely with my values, thanks to Mike's insightful guidance. If you're looking for a career coach, I can't think of anyone I'd recommend more highly."

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Adam Tofts - Exec Coach

High Performing Teams | Finance Background

Adam is a highly experienced executive coach with a successful 30-year career in the city of London. He has a strong background in trading, finance, and renewable energy.

With his solution-based coaching model, Adam provides objective and results-driven support to his clients. He has a proven track record of leading high-performing teams and delivering exceptional results. Adam's passion is to help his clients exceed their expectations.

Adam Tofts

Core Skills

Business Analysis and Strategy Development | Executive Leadership and Management | High-Performance Team Building and Coaching | Trading and Finance Expertise | Renewable Energy Industry Knowledge | Solution-based Coaching Model | Objective and Results-Driven Coaching Approach | Career Path and Goal-Setting | Clarity and insight facilitation | Skillset and Capability Assessment | Inspiring and Boosting Confidence | Balancing Career Aspirations with Personal Life Goals



Testimonials

"Adam got me thinking differently about what I could achieve in my career. His coaching exercises challenged how I thought about my skillset and capabilities, which enabled me to feel more inspired and confident about the future."

"Supportive and challenging in equal measure, Adam strives to understand your personal aims and background. His coaching supports your career aspirations, and importantly helps you to think about what is best for your life as a whole."

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Sunita Harley - Certified Coach

Leadership & Team Development | Consultant

Sunita is an award-winning certified coach and professional development consultant with 15+ years of coaching experience.

With a successful corporate background in HR and learning, she specializes in coaching on themes like professional confidence, leadership, and resilience. Sunita's inclusive coaching style fosters collaboration and creativity, tailoring sessions to individual goals. She has received recognition for her contributions to the legal sector and launched the Lucky Things® podcast focused on confidence, careers, and wellbeing. Sunita's expertise extends to diversity and inclusion strategy, employee development, and leadership development.

Sunita Harley

Core Skills

Professional Confidence | Leadership Development | Team Management | Making an Impact | Role Transitions | Navigating Maternity or Parental Leave During Career | Resilience and Wellbeing | Career Planning | Diversity and Inclusion | Employee Development | Project Management | Organizational Development | Change Management | Employee Wellbeing | Diversity and Inclusion Strategy Development



Testimonials

"Sunita was kind and supportive, giving the group the confidence to share our thoughts." Manager, Navigating imposter syndrome workshop.

"Sunita and I had 4 coaching sessions over the space of several months in 2021. We touched upon various topics including professional confidence, imposter syndrome, self-care and professional resilience. I found Sunita to be easy to engage with. I also liked the fact that she took the time to understand the challenges which I was facing and the objectives which I wanted to achieve as part of the coaching. I would not hesitate to use Sunita as a coach again in the future." Senior lawyer, global law firm."

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Isabelle Campbell - Tech VP

Wellbeing Focused Coach | Finance Background

Isabelle is a seasoned professional with 17+ years of experience in Finance and a current senior role in Technology. Her empathetic coaching approach combines corporate expertise with a focus on positive psychology and emotional wellbeing.

She specializes in guiding individuals facing career decisions in professional services, offering support for work-life balance and personal fulfillment. As a VP at The Financial Times and ICAEW Chartered Accountant, Isabelle excels in leadership and fostering diversity and wellbeing in the workplace.

A sample of our accredited coaches - Isabelle Campbell

Core Skills

Career Decision Making | Work-Life Balance | Personal Fulfillment | Positive Psychology and Emotional Wellbeing | Leadership Development | Building Strong Stakeholder Relationships | Communication and Collaboration | Diversity and Inclusion in the Workplace | High-Performance Team Leadership | Time Management and Prioritization | Confidence Building and Self-Empowerment | Goal Setting and Achievement | Reflection and Self-Awareness | Juggling Multiple Responsibilities (e.g., working mothers) | Managing Stress and Resilience



Testimonials

"Isabelle's ability to keep up with all the issues we discuss amazes me and her insightful questioning helps me to make better business decisions. She has been a rock solid support to me and my business since we began working together." Geoffrey - Managing Partner, Professional Services Firm

"Isabelle really takes the time to listen and question; she offers support, guidance, reading suggestions and has a really good understanding of me in a very short space of time. Isabelle makes you feel comfortable and in a safe space, she has a very calm, honest nature which enables a trusting rapport to be established very quickly. A great coach who in a very short space of time has got me thinking wider, deeper, reflecting and opening up my horizons. I am super happy to have Isabelle on my side!" Jennifer. HR Manager

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Thank you.

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