



## Facilitator profile – Astrid Korin



Astrid is an Executive Coach (Senior Practitioner with EMCC) and Facilitator with over 18 years' experience working with senior leaders in the public, private and not-for-profit sectors around the world (UK, UAE, Vietnam, Ethiopia, South Africa, Ghana, Moldova, Brunei), helping them to articulate and achieve their goals. Prior to starting her own coaching practice, she led the consultancy business of a global education charity, leading her teams with courage and compassion. She delivers 1:1 executive coaching, group coaching, team coaching and leadership development programmes.

### Coaching style

Astrid's approach is rooted in the belief that a person who wants to make a change can and will do it for themselves when given the time, space and attention to think well.

She came to coaching after experiencing her own personal transformation – overcoming imposter syndrome, fear of failure and anxiety that had served her well but were no longer welcome in her life. She builds honest, trusting and nurturing relationships with her clients that allow her to balance support and challenge in a way that enables deep reflection and personal growth.

She makes use of tools and refers to simple constructs drawn from the field of psychology and behavioural science where there is value in doing so – to hold up a mirror or invite reflection on a recurring behaviour.

*'I found Astrid's methods and processes to be just what I needed. I could feel her wealth of experience coming through as we talked through my career and the next moves I would take. I felt guided and yet free to make our coaching sessions what I needed for myself. Her multidisciplinary insights really helped me to unlock areas of thought which I hadn't yet explored, and I came away from our sessions feeling energised and renewed.'* Irshad Kathrada, CFO Mootral

### Clients and outcomes

Astrid enjoys working with senior leaders who want to grow and stretch themselves outside of their comfort zones to enhance their leadership, their lives and their organisations.

Marco Fiori, MD of Bamboo PR commented: *"We're a better business and team with the support of my coach. So much of what I've learned filters into others. Thank you Astrid."*

### Qualifications and professional memberships

- EMCC accredited at Senior Practitioner Level & EMCC member
- Diploma in Transformational Coaching, Animas Centre for Coaching (2021)
- MA Educational planning, economics and international development (Distinction), University College London (2012)
- BSc Economics and International Development (2:1), University of Bath (2004)
- Mindfulness-Based Cognitive Therapy for Life (2020)