

Executive coach profile – Sara Barrie



Sara Barrie is an award-winning Master Coach, consultant and leadership expert accredited by the International Coaching Federation, the Academy of Executive Coaching, Barefoot Coaching, British Psychological Society and Time To Think.

As one of only 3% of ICF coaches globally at MCC level, her expertise is in developing leaders and organisations to be their best and realise their full potential by enhancing leadership strength to drive business performance, change and growth.

A proven business leader, Sara is known for her energy, gravitas and presence, an engaging, authentic and passionate coach who offers fresh thinking, insight, challenge and fun.

Sara works with executives and senior leaders of FTSE and Fortune listed companies, entrepreneurial start up and scale up businesses and not for profit organisations. Her clients include industry sectors ranging from global financial and professional services, energy and utilities, construction, housing and social enterprise, to technology, media & communications, pharma and FMCG.

Her results-driven and commercially focused approach to coaching builds individual and organisational strengths and offers a different coaching experience that is client-focused with a commercial edge. She brings learning to life with innovative thinking and a fresh perspective, by sharing her knowledge, latest research and insights, combined with a focus on strategic thinking and commercial outcomes. As a result, she makes a transformational difference to the clients and organisations she works with.

Sara has been nominated for several prestigious business awards. Sara has been nominated for several prestigious business awards including: 2022 UK Winner of the CEO Today Executive Coaching awards. 2020 for the third year in succession, winner in the Management Consulting Awards. 2018 and 2019 she was a finalist for Northern Power Women & EY Mentor of the Year. In 2016 and 2017, as lead coach for a major energy client, she held the ICF UK PRISM award for achieving coaching excellence in their business transformation.

Sara established her coaching practice following a successful corporate career spanning 20 years. She held executive positions in leading UK and global B2B companies.

Qualifications & Professional Memberships

- ICF accredited MCC coach, Mentor Coach and Coach Supervisor
- Accredited 'Time to Think' Coach, Consultant, Facilitator, Thinking Partner & Teacher
- PG Cert in Coaching Supervision (University of Chester 2022)
- Executive Coaching diploma – AoEC
- Coaching supervision diploma – Barefoot Coaching
- British Psychological Society Certificate of Competence in the use of ability and personality tests qualified to work with psychometric assessments including Strengthscope as a Master Strengthscope practitioner, MTQ48 (Mental Toughness) & Saville Wave
- BA Business Studies (Liverpool)
- Member of the International Coaching Federation (ICF), ICF NW, Women on Boards, Time to Think Collegiate (London) and The K Club for Entrepreneurs

Clients

Sara's clients include Aegon Asset Management, Associated British Foods, Accenture, Agilent, American Express, Briggs Equipment, BT, The Calico Group, Co-operative Bank, Co-operative Group, CHANGE, Countryside, DWF, Dynamic Action, ElectricityNW, Eon, Fresenius, GE, GlaxoSmithKline, Grow Movement, The Hive Youth Zone, Kellogg's, Knightstone Housing, Live West Housing, Lloyds of London, Liverpool John Lennon Airport, Marine Stewardship Council, MyCSP, Magna Housing, Manchester Airport Group, Manpower Group, Nestle, Oliver Wyman, Ombudsman Services, Pinsent Mason, National Westminster Bank, NG Bailey, Siemens, Vodafone & Wythenshawe Community Housing Association.

Sara is based in Wirral.