

## Executive Coach & Mentor – Sukhi Vella



### Overview

With over twenty years of experience in the field of corporate learning and development, Sukhi has established herself as a role model for developing others and achieving results.

In her various corporate roles and then freelance roles since 2011 she has had the opportunity to develop bespoke interventions with different functions, at all levels, across many businesses and sectors. One of the core projects was developing the knowledge, skills and behaviour of training professionals with the specific outcome of supporting and coaching them to develop from being transactional trainers to transformational facilitators.

### Coaching style

Sukhi believes that effective relationships and collaboration achieve results and is the first step to building the coaching relationship. Her approach creates a relaxed and informal coaching environment to enhance individual self-awareness; providing space to explore personal strengths and challenge thinking to examine their personal potential.

Sukhi's life and work experience allows her to pull on a range of development tools and models to share with clients to support with practical solutions to develop their personal mastery, achieve their goals and make a difference to their confidence and performance.

### Clients and outcomes

Sukhi works with individuals at all levels across many industries, her goal is to facilitate others to make a difference to their business through their performance by being the best version of themselves that they can be.

### Ethics and codes of conduct

As a member of the ILM (Institute of Leadership), Sukhi has obligations and is committed to operate within an ethical framework. In particular, the ICF (International Coaching Federation) code of ethics gives detailed outlines of coach behaviours.

For clients who are coached by Sukhi, they can expect:

- confidential sessions (within the legal framework)
- a coach who adheres to a high standard of self-awareness
- a respect of the coachees' need for a non-judgmental space to reflect in
- a transparent and straightforward process of engagement

### Professional memberships

- ILM Level 7 Executive Coaching & Mentoring
- Licensed Practitioner Insights Discovery