

Coach profile – Liz Oseland



Liz has worked in roles in the private sector; higher education and voluntary sectors in Wales. She started out in Programme and Partnership Manager roles and ended up as Head of Training for a global organisation, responsible for 750 trainers around the world. She has lived and worked in Australia, supporting organisations to create and sustain positive working cultures. Her background spans delivery of bespoke and accredited leadership training and actively coaching clients since 2006.

Liz works closely with individuals and teams to unlock their power to think differently. She has coached individuals and teams around the world, working with clients from children up to Director level. Liz exudes a positive energy when coaching others, providing a structure for clients to work within to ensure a solution focus. She stretches clients and holds them accountable in meeting their milestones to achieve their bigger picture. This is achieved through deep questioning, positive feedback, affirmations, highlighting blind spots and reflective practises. Where clients are interested, she encourages mind mapping and using Lego for a 3D representation of thoughts. Having experienced redundancy, career changes, relocating internationally and self employment, she approaches all her clients with empathy in their unique situation. She is passionate about working with individuals to gain clarity on their sense of purpose to explore life and career options with confidence for success.

Sectors / clients include:

- Coaching team leaders up to Director level
- Voluntary sectors
- Public sector
- Education
- SME's
- Global corporates

Specialisms include:

- Career progression
- Maternity coaching
- Executive coaching
- Leadership coaching
- Innovation coaching
- Wellbeing and resilience coaching
- Changing sectors and self-employment

Qualification include:

- ICF, Results Level 1 Business and Life Coach
- Licensed Relax Kids & Just Relax for Adults Coach
- Certified Advanced Facilitator of LEGO® SERIOUS PLAY® method and materials
- Global Master Trainer OpenGenius Innovation, Mind Mapping and AYO software
- Psychometric Accredited: Strengthscope® 360 Licensed Practitioner; Facet 5; Belbin Team Roles; Decision Radar; MTQ48 (Mental Toughness)
- Relax Kids and Just Relax for Adults Coach, working with children and adults to reduce stress
- Member of the Institute of Leadership (MIoL) and the All Wales Coaching Association (AWCA)