

Christopher Brown - Life Coach



Life coach, professional and business coach, coach supervisor

Personal Profile

A life coach and personal development and professional coach with more than a decade of experience behind him Chris has helped his clients deal with issues of confidence, personal development, time management, successful presenting, leadership development, improving health and fitness, relationships, developing emotional resilience and intelligence and creating the life they want.

His life was significantly changed when he read Tony Robbin's book Unlimited Power over 20 years ago. Losing 4 stone in weight, regaining his fitness and embarking on a new career in 2001 he became fascinated by coaching and addicted to success literature and has read 100's books and attended numerous events and training seminars covering coaching, NLP, leadership and personal development.

He started his work life with 8 years in the insurance services sector before moving into leisure, training and coaching. He has since worked in and with diverse organisations such as leisure service providers, private businesses, training providers, private health clubs, local authorities, vocational training organisations, schools and colleges, in various roles all with the focus of coaching, support and personal development.

Coaching Background and Practice

Chris has coached both individuals and teams in many different industries and settings from local authority to large corporate organisations. These individuals and teams include all people from individual contributors, middle and senior management up to executive level.

Chris has completed ILM's Level 7 Certificate in Executive Coaching and Mentoring and Level 7 Coaching Supervision qualifications to further support his development as a professional coach and mentor. Further he has delivered numerous courses and qualifications training others to use the coaching skills for themselves and in their work.

Industry Competencies

Chris spent his first 8 years of his working life in insurance working in a highly customer focused and administration-based environment. In 1998 after losing weight and regaining his fitness he moved into the leisure industry and worked his way quickly through operations into management of hotel-based health clubs.

From here Chris moved over to work-based learning in leisure and became an assessor and tutor working initially for an industry leading organisation. He has remained in the training industry for many years working for different organisations at senior levels in both operations and quality assurance biased roles. For the past 5 years Chris has been a self-employed coach and trainer.

Professional Qualifications

Level 7 ILM Certificate in Executive Coaching and Mentoring
Level 7 ILM Certificate in Coaching Supervision
ILM Level 5 Certificate in Leadership & Management
Coaching Academy Diploma in NLP
Coaching Academy 2-day Coaching Course
Proctor Gallagher – The New Lead the Field Coaching Programme

Coaching Services

The sessions are completely based on your needs and the topics you want to focus on. I will apply and provide a process through which you will have the opportunity to:

- ✓ Identify what you want for your life
- ✓ Take stock of your current situation
- ✓ Build confidence
- ✓ Address the areas of your life that need development
- ✓ Improve your ability to manage your schedule and your life
- ✓ Clarify your main goals in key areas of your life
- ✓ Consider and develop options to move you closer to where you want to be
- ✓ Create actions plans to take concrete steps towards your goals
- ✓ Be supported through the process by a coach who totally believes in you

Services offered:

- 1) Individual one to one life coaching sessions either live or online
- 2) Professional, career and business coaching
- 3) Executive/senior/middle management and individual contributor coaching and/or mentoring
- 4) Time management and presentation skills coaching
- 5) Team and group coaching
- 6) Coaching Supervision

Services are offered on both a single session and package options with packages that include many other benefits to support your coaching sessions.

Chris is based in Cheltenham, Gloucestershire but travels the UK.

Industry Affiliations/Memberships

Association for Coaching member and Code of Ethics

For more information please get in touch:
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