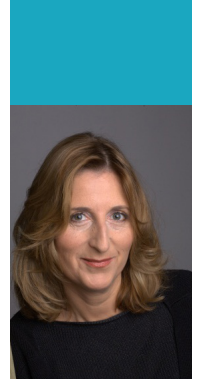




Balance
Matters

Enriching your leadership adventure



Michele Seymour

NCC™ BA Hons PGCE

Michele blends her unique understanding of what constitutes leadership, business focus and being human in today's world with her infinite passion and curiosity for learning and excellence.

Fortunate to have worked over 25 years with extraordinary clients in many sectors, including Life Sciences, Media, Financial services, Education, Third Sector, Professional services, Retail, and NGOs. She also benefits from exposure to a wide range of cultures and disciplines both in Executive Search and in Leadership Development. She has fine tuned her listening and observational skills to fast track leaders to take decisive values-based action simultaneously creating more meaningful dialogue with themselves, their teams and their stakeholders.

Michele is known for her creativity, adventurous spirit and bespoke experiential leadership and coaching programmes. She draws her inspiration from a synthesis of the best materials and ideas from academic and practitioner sources worldwide. She believes no one source can provide all the answers to the existential and business questions of our time. Her sessions can often take place in diverse settings using the environment to inspire expansive thinking – from office space to museums, coastlines, parks, Roman forts and beyond.

Background

Michele's background and interests fully support her work. Her curiosity in how leaders choice of words influence their success stems from her degree in languages with a strong focus on linguistics; her counselling diploma supports her rigour when helping shift moods and emotions in the workplace; her encouragement around physical aspects of leadership presence is reinforced through qualifying as a practitioner in complementary medicine and more recently accredited as a leadership embodiment teacher. All this she combines with sharp business focus and a healthy dose of humour.

When not alongside clients you can find her at many a debate on current affairs, honing her analytical skills by watching Nordic thrillers, observing nature and wildlife behaviour, and walking with her dog Darwin.

Presence

trust . engage . influence

Purpose

intent . focus . vision

Power

decide . act . drive

Politics

observe . plan . navigate

Poetry

reflect . create . inspire

Testimonials

“I have had the pleasure of working with Michele in her capacity as Executive Coach. Michele has been an integral part of my career development and has never failed to give honest, essential, and challenging and extremely effective coaching. Given her background working with scientists this has been particularly pertinent with my position as Head of R&D at Pfizer. I have no hesitation what-so-ever recommending Michele as a first class coach.”

Executive President PGRD, global life sciences company

“What was particularly impactful was how open people were and they were prepared to share, you created the environment that allowed that. It was certainly a very effective leadership team discovery and build. How people talked about their achievements was particularly powerful.”

Director, R & D

“An imaginative, challenging, supportive Coach that delivers visible results by building confidence and providing clarity to those she is coaching – a true ‘hand on your back’.”

Global HR Director, healthcare company

“The Balance Matters leadership coaching programme has enabled me to unlock my potential, effectively manage my work/life balance, and has brought a calmness and focus to my work.”

COO, Biotech

Education / Qualifications / Memberships

ICF accredited Newfield Network Certified Coach,
Coaching for Personal and Professional Mastery,
USA 2001-2002

Accredited Leadership Embodiment coach –
Wendy Palmer 2011

2500+ hours of coaching

BA Hons French and German –
University of Salford UK 1977-1981

PGCE – (Post graduate certificate in education) –
Institute of Education London UK 1983-84

DTM – (Diploma in therapeutic massage) –
College of Holistic Medicine 1990 -1991

DLDC – (Diploma in Life Development Counselling) –
College of Holistic Medicine 1994-1995

Fellow of the Royal Society of Arts

Member of International Coach Federation

Member of the Association for Coaching

Membership of Natural History Museum

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