

Our consultants and coaches

SARAH GOLDSWORTHY



Sarah Goldsworthy M.Sc., M.A. Cert Executive Coaching

Before developing her career into Organisational Development and Coaching in the early 90s, Sarah had substantial in-house development experience. She is particularly recognised for her work in complex and conflicted situations. With an approach of 'ruthless compassion' she works with honesty and integrity to enable people to realise their leadership potential in challenging contexts. Sarah's practical expertise is backed by her MSc in People and Organisational Development and Masters Certificate in Executive Coaching. She also draws on psychodynamic approaches to systems, providing an additional lens for understanding some of the complexities of organisational life.

Experience

Sarah has first-hand experience of managing multi-million pound budgets and large diverse staff groups under time and target pressures in uncertain environments. Her work with clients holds such organisational context as relevant and influential, while acknowledging that many of the questions and problems are universal and much more central than the specifics of the moment. Working with people to broaden their perspectives and develop their capacity enables them to read and understand situations better and be more effective in their organisations.

Recent involvements include:

- Top team development programme within a large global humanitarian organisation. Supporting radical changes in business delivery in areas of conflict and crisis within Asia, Africa and the Middle East
- CEO and Exec Director coaching within the NHS in Scotland to enhance leadership and personal growth
- Design and delivery of Masterclasses in Influencing, Communication and Conflict as part of a Government Department Fellowship for Leaders

As visiting Lecturer at a Scottish University, Sarah designs and delivers a development programme for new PhD students. These international cohorts focus on developing the personal and professional capacity of high-achieving academics to manage themselves and their careers effectively. Components include networking, influencing without authority, team working, communicating, and managing careers.

Education and training

In addition to her MSc and MA Cert, Sarah draws on the following relevant training and qualifications to support her professional practice:

- Relational Coaching (2004)
- Transacting in Complex Systems (2003)
- Professional Facilitators Course in Conflict and Change (2000)

Sarah is certified as a Supervisor of Coaches, Mentors and Consultants

Working with Sarah

As an experienced leader, Sarah role-models a strong leadership style. She is appreciated for her honest, reflective approach in which she is direct, challenging and non-judgemental. She is a very good listener and asks powerful questions to enable personal and professional growth. Her experience in a wide variety of leadership situations is greatly valued by clients. She has an ability to rapidly understand a situation and focus in on the key issues and one of her strengths lies in sticking with difficult areas to help clients to broaden their perspective and find new solutions.



To discuss how Sarah can help with your change challenges, contact the main office:

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