

TENNYSON

Biography



With a background in business psychology, Sarah has coached and facilitated workshops with over 10,000 people in 20 different countries. Her clients range from graduate to C-level across financial services, professional services, technology, corporate and non-profit sectors.

Sarah holds an MSc Occupational Psychology and a BSc (Hons) Psychology. She is accredited to use a number of psychometric assessments and holds the British Psychological Society Qualified Test User Occupational Ability and Personality certificates.

Sarah has written for the UK's leading training journal and regularly publishes articles on current hot topics such as accelerating the development of future leaders, building high performing virtual teams, and managing generational differences.

Prior to founding her own talent development practice, Sarah was Senior Director at Moody's Analytics where she led a global team of talent development consultants. Sarah began her career with ENB Consulting, a UK-based firm providing training for banks worldwide.

Sarah volunteers for the ATD NYC Chapter as a Board Member and is an active member of SIOP and SHRM.

Services

Executive Coaching

Since 2006, Sarah has coached clients from VP / Director to C-level supporting them to transition into more senior leadership roles, helping senior executives with team leadership, dysfunction, mindset and communication style, identifying development needs and planning to meet their career goals. Given the nature of her clients' schedule and travel commitments, she has extensive experience of coaching via phone and video in addition to in-person sessions.

Team Coaching

Sarah has created and facilitated offsites, away-days and strategy sessions for intact teams that have enabled them to achieve: culture change, improved team cohesion, reduced conflict, better communication, deeper awareness and understanding of each other, higher level of team performance, healthier team dynamics, increased trust, and clear strategies and action plans to achieve their goals.

Transformation Programs

Sarah combines business understanding with the skills to help people change.

Sarah has held the role of program director for a number of large scale complex programs including: talent program for hi-potential specialists, leadership and management training for 250 participants from executive level to first-line managers, blended technical and behavioral skills programs for front office sales professionals, skills training program for 400+ global internal auditors and professional skills training for 100+ associates and analysts in a global bank.

As a facilitator, she is known for her ability to connect with and energise people in small group settings and large platform events. She has delivered more than 700 days of interactive workshops.