



Gemma Hogan

Executive Coach

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Credentials

- CIPD Fellow
- Post-graduate Certificate in Professional Coaching (merit)
- Master Practitioner - Neurolinguistic Programming, Time Line Therapy, Hypnosis & Coaching
- DISC Personality Profile Practitioner
- Strengths Profile Practitioner
- RocheMartin ECR / 360 (EI) Practitioner

Coaching Specialisms

- Leadership Development
- Career Planning
- Navigating Change
- Imposter Syndrome / Confidence

Coaching Memberships

- Association for Coaching
- Henley Centre for Coaching



About Me

After a varied and rewarding career in Human Resources spanning 16 years, I decided to set up Talenta specialising in coaching, leadership development and consultancy.

I've always had a deep passion for developing people - I love nothing more than seeing others light up when they move from self-doubt and stuckness to self-belief and empowered action.

I help ambitious individuals and forward-thinking organisations navigate change, build clarity, confidence and leadership capability - creating lasting personal and professional growth.

I work with professionals who want more than surface-level change. Through tailored coaching, we work on developing mindset, skills, and self-belief to lead more confidently - no matter the starting point.

Professional Experience

Talenta Ltd: Founder
Coaching, Training & Facilitation, Consultancy

Corndel: Professional Development Expert
Education & Training Services

Office Depot Europe: HR Director / Head of Talent & Engagement
Office Supplies, Business Products & Services

Emerson Process Management: HR Business Partner
Global Engineering & Automation

Oval Limited: Regional HR Manager
Insurance Brokers & Financial Services

Grant Thornton: HR Officer
Audit, Tax, Advisory & Consulting

Arla Foods: HR Officer
Dairy Manufacturing, Distribution & Wholesale



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Client Coaching Projects



1:1 Coaching:

- Leadership development
- Developing people management skills
- Navigating change
- Imposter syndrome / confidence

Group Coaching Programme:

- Women in Leadership Programme for aspiring leaders



1:1 Coaching:

- Stress management
- Managing anxiety
- Building confidence
- Building motivation
- Strengthening communication and team working skills
- Strengthening consultation skills
- Organisation and time management skills
- Techniques to help pass practical exams
- Navigating cultural barriers
- Support transitioning back into the workplace and into training after a break (e.g., maternity leave).
- Imposter syndrome



1:1 Coaching:

- Leadership development
- Developing people management skills
- Career development



1:1 Coaching:

- Leadership development
- Developing people management skills
- Career development

Client Testimonials

*"I had the pleasure of working with Gemma and Lisa through the development and delivery of a **Women in Leadership programme**, aimed at aspiring female leaders within our organisation. The programme Gemma and Lisa designed was thorough, insightful and thought provoking, and incorporated tangible outcomes for both the participants and the organisation.*

The programme was designed to ensure continual support and development with one to one coaching and mentoring opportunities for all participants in between delivered sessions, which kept momentum and engagement going. All the participants came away from the programme with a more positive view of themselves, their value and their abilities - even those who may have been a bit sceptical at the start!

Thank you both for all the time and effort you put into making this programme a success!"

Lorraine Duckett, Head of HR & Organisational Development - Confetti College (part of Nottingham Trent University)

"Gemma's gentle but objective approach was a really good fit for me across my coaching sessions, which took place over a prolonged timeframe due to work / life schedules.

Her kind, constructive suggestions, tools and techniques to reboot my mindset, reframe my professional outlook and consider positive changes has supported me immeasurably."

Education Leader

"Gemma's coaching was enjoyable and highly beneficial to my career decision making and my understanding of my strengths. The sessions helped me to better identify the types of roles that I am well suited for and the areas and topic for which it would be useful to seek further experience and training.

Gemma is supportive, encouraging and an excellent listener. She is very knowledgeable about organisational, management and leadership theory and I benefited from our discussions relating to these. I would highly recommend career coaching with Gemma to anyone."

Public Health Trainee