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East Midlands

Coaching Specialisms

- *Imposter Syndrome*
- *Mindset*
- *Wellbeing*
- *Resilience*
- *Career*
- *Leadership*
- *Change*
- *Communication*
- *Organisation*
- *Executive*
- *Team*

Memberships

Association for Coaching (AC)

Henley Centre for Coaching

Qualifications

Leicester Castle Business School
- *Post-graduate Certificate in Professional Coaching (merit)*

Cappfinity
- *Accredited Strengths Practitioner*

De Montfort University
- *BA (Hons) - Business Studies*

University of Northampton
- *Foundation Degree in Leadership and Management*

NVQ
- *Level 4 - Careers Advice*

Lisa Allden
Professional Coach

About Me

Experienced and enthusiastic coach who is passionate about building and maintaining coaching relationships with an abundance of positive energy, enabling big and sustainable changes in peoples lives. Helping others to grow and to take action through deep listening and creating an environment of trust. Special interest in supporting and coaching individuals and teams through self, cultural and organisational change.

I love current affairs, food, reading and dance.

Professional Experience

De Montfort University

2011 – 2025

- Aspirational leader; as a qualified coach, coach direct reports to develop and implement effective processes for the delivery of an innovative, robust and efficient service
- Strong record of achievement within a senior management role in a large, complex organisation
- Led and had cross institutional involvement in complex HR issues
- Led and managed projects and the development of policy
- Coached, developed and managed high performing multi-disciplinary teams
- Member of the university coaching network, coaching internal staff
- Directorate lead for the Race Equality Charter, resulting in a silver award

South Leicestershire College

2008-2011

- Influential communicator with all levels of staff
- Strong record of achievement in a senior management role
- Spearheaded a review of “as is” service which led to a full restructure of Information Advice and Guidance team and operational delivery
- Winner of innovator of the year
- Accreditation - the Matrix award for high quality information, advice and guidance

Derbyshire Building Society

1997-2008

- ·Key member of organisational change management team which led to cultural and structural change throughout the organisation
- Sales Coach utilising coaching to grow the business and share best practice