



Gemma Hogan

Accredited Executive Coach

Contact Details

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Credentials

- Association for Coaching Accredited Executive Coach
- WAVES Professional Coaching Training
- 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 & Development
- Navigating Change
- Resilience & Wellbeing
- Imposter Syndrome / Confidence

Coaching Memberships

- Association for Coaching
- Henley Centre for Coaching



About Me

With over 16 years' experience in Human Resources, my journey has been shaped by both professional success and personal growth. In 2019, I founded Talenta to offer bespoke coaching, leadership development, and consultancy services, driven by a genuine passion for empowering others.

Throughout my career, I grappled with self-doubt and imposter syndrome, but coaching enabled me to build confidence and lead with authenticity. This transformation fuels my commitment to supporting others as they navigate similar challenges, helping them unlock their potential and thrive.

I have worked extensively with managers and leaders who, despite their talent, have not received the personal development they deserve. Many struggle with uncertainty and second-guess themselves. My approach helps them move from feeling stuck to taking empowered, decisive action, fostering lasting self-belief.

I partner with professionals seeking meaningful, lasting change. My tailored coaching focuses on mindset, skills, and self-confidence, enabling clients to lead with conviction whatever their starting point. If you're ready to invest in yourself and make a real difference, I'd love to support you on your journey.

Professional Experience

Corndel: Professional Development Expert & Coach
Education & Training Services

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

Emerson Process Management: Global Engineering & Automation

Oval Limited: Insurance Brokers & Financial Services

Grant Thornton: Audit, Tax, Advisory & Consulting

Arla Foods: Dairy Manufacturing, Distribution & Wholesale



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Client Testimonials



"I wholeheartedly recommend Gemma as a career coach. Her approach was exactly what I needed - gently challenging my negative thought patterns with a perfect balance of kindness and understanding. I came to her with a specific goal and struggled with imposter syndrome and a lack of self-belief. Gemma guided me through these challenges step by step, and by the end of our sessions, my confidence had grown significantly. I found myself stepping out of my comfort zone and tackling things I initially thought impossible. I truly believe that, without Gemma's support, I wouldn't have progressed in my role as quickly as I did.

I later returned to Gemma for additional sessions to navigate major changes in my work situation, including the redundancy of a role I loved. Her guidance was invaluable in helping me manage the emotional challenges that came with this transition. While I've had coaching before and found it helpful, the experience with Gemma was by far the most impactful. Thanks to her, I now carry a newfound confidence into a new role at a new company, and I'm certain the lessons I've learned with her will continue to serve me throughout my career."

Executive Assistant



"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



"I just want to say thank you for everything, your coaching really changed my life, (sounds dramatic). But you made me realise the strength I possess.

You are fantastic at what you do."

Further Education Manager



"Recently I was incredibly lucky to have some coaching sessions with Gemma which I thought were just brilliant! Gemma would always leave me with something to ponder and think about, the day after every session, powerful things would play in my mind. I think it's fair to say that I had some quite compelling realisations about myself, my thought process and how I would like to live my life. I cannot underestimate how incredibly powerful this was for me.

Gemma listens to what you say, but she sees and hears the unsaid as well. She was able to pinpoint gems of information. She challenged me in every conversation and really made me breakdown my own self-limiting beliefs that have since helped me to take action in these areas! I think Gemma has great insight into understanding behaviours that then help you make necessary changes. I think Gemma is brilliant."

Business Owner



"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

Clients I've Worked With

