



## Natural Flair Coaching Limited

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## Professional Profile - Sharon Lawton

Sharon is a qualified Personal Performance Coach, Neuro Linguistic Programming Practitioner (NLP), Thought Field Therapist (TFT), a certified DISC Personality Profiling Specialist with training to administer, score and conduct the DISC Personality Profile System. Sharon is also a Freelance Trainer/Facilitator and a member of the CIPD (Chartered Institute of Learning and Development) with a 14 year background in Learning and Development work. This ensures all her workshops are run professionally, but with an injection of fun. "Emphasis is on people interacting with each other, and really having fun, this is when people learn some very powerful things".

### Areas of Specialism

- 1-1 and Group Coaching using NLP on self esteem, confidence, personal development, motivational goal setting, communication, conflict management and relationships skills
- Neuro Linguistic Programming (NLP)
- Thought Field Therapy (TFT)
- DISC Personality Profiling
- Conflict/Anger Management
- Assertiveness skills
- Team building, communication and relationship skills

### What Do I Do?

I am a personal performance and NLP coach with a successful background in learning and development. I have a huge passion for motivation, empowerment and growth and I am particularly interested in inspiring people to achieve their full potential.

I coach either 1:1 or with groups and my particular specialism is self esteem and assertiveness, motivational goal setting, anger/conflict management, relationships skills, emotional health and managing stress both personally and in the workplace.

I am a trainer/facilitator, DISC Personality Profile Specialist and Thought Field Therapist. I have facilitated training both in the Private and Public Sector on a variety of soft skills including;

- Influencing through assertiveness and developing self-esteem
- Building a resilient team - dynamic team building (includes personality profiling)
- Building resilience when dealing with difficult people
- The 3 secrets to work-life balance
- Career planning and motivational goal setting
- Conflict Management Skills
- Facilitation Skills training and learning styles

I also deliver a Train The Trainer Programme for Family Links, a National Charity that trains family support workers and school staff on facilitation skills, emotional health and wellbeing for adults and children.

I run my own consultancy practise which I set up in 2009 working alongside both the private and public sector, clients include Shell UK, Hertfordshire County Council, Home-Start Harlow, Hertfordshire Children's Centres and CAST Women (a not for profit organisation offering education, training and

employment advice to women offenders, women at risk of offending and women with mental health issues).

### **How Do I Do What I Do?**

As your personal coach I will be 100% committed to you and your needs, empowering you to succeed and to change your life, allowing you to achieve your personal goals and live your life the way you want it to be. During the coaching process I will support you every step of the way accessing resources such as NLP and TFT to encourage you to discover the questions and answers for yourself in all parts of your life. People who invest in coaching see and experience positive and dramatic results in their lives.

### **Why Choose Me For Your Training Needs?**

Being a member of the Chartered Institute of Personnel and Development, a member of ANLP (Association for NLP) and ICF (International Coaches Federation) and having accreditation with The Coaching Academy for Personal Performance Coaching and Neuro Linguistic Programming (Certificate and Diploma Level) gives you peace of mind that any work you commission me to deliver will be of the upmost quality and standard.

I have delivered training workshops in New York, Hong Kong and across London and Hertfordshire during my professional career. I love to work alongside people, and have been invited as a guest speaker at various training conferences in London and have appeared as an "expert" guest on UK TV Living Channel and more recently on SKY TV and for Shell UK.

### **What Makes Working With Me Unique?**

I believe that change is always possible, but change starts with us taking responsibility for our lives including our behaviour, communication style and attitudes. My style of coaching and training is very empowering, supportive and thought provoking. I have a warm and open personality together with a sense of humour that allows you to feel comfortable immediately. I believe that it's important to develop a good relationship with my clients right from the start. My intuitive and motivational style of coaching and training may sometimes be challenging but will be the difference that makes the difference.

### **Past and Current Projects**

- Working alongside Shell UK delivering lunch bite coaching sessions
- Development of retreat weekends and daytime workshops on conflict management, life skills and motivational team building
- Provision of Anger Management Coaching in Schools with pupils with behaviour problems
- Skills training for professionals in working in Childhood Support Services Nationally
- Won funding from The Child Poverty Fund at Hertfordshire County Council to tutor a pilot group for Open College Network accreditation in Parenting Skills alongside The Nurturing Programme
- Provision of Early Intervention/Parenting Skills for "New Beginnings" Project for Teen Mums alongside The Skills Council

### **Professional Memberships:**

Association for NLP

International Coaches Federation

The Coaching Academy

The Chartered Institute of Personnel and Development

Parenting UK