

Karen O'Connor

Leadership and Communications Coaching

99 Edenbridge Road London EN1 2HS

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UK, Irish and Australian citizen.

karenoconnorcoaching@gmail.com

<https://karenoconnorconsulting.com>

www.linkedin.com/in/karenoconnormediaandcoach



Professionally credentialed coach with 30 years of Senior Leadership experience – supporting leaders thrive through change and transitions. Demands on leaders have changed and accelerated, and solutions require new thinking, more creativity, and the empowerment of teams. Helping coaching clients lead with clarity, motivation, greater confidence, and more effective communication.

Professional Certified Coach (PCC) with ICF, Individual and Team Certified with EMCC, and GTCI credentialed.

Skills

- **Leadership Coaching that creates awareness, progress, impact, and effective communication.** Skilled in working with leaders globally, across multiple industries including media, tech, retail, finance, recruitment, and industry facing demanding and accelerated change.
- **Trusted Media Consultant and Trainer** award-winning Content, Leadership experience with creative teams, enacting strategic transformations and engagement, problem-solving, crisis comms, and team effectiveness.
- **Board experience** – Strategic thinking and communication, communication, change management, risk assessment, reputational risk: BBC News Board, BBC Factual, Anti-Slavery International, mentor, coach, and volunteer. Member of broadcast/journalism award-panels.

Experience

April 2016 – present: Leadership Coach.

Working with global clients in senior roles and C suite across industries as diverse as finance, media, tech, retail, and the third/social sector.

Leadership issues my clients have brought to coaching include: *Finding an authentic leadership style and voice. *Leading with purpose. *Motivating and retaining key talent.

*Dealing with fear, lack of confidence, or imposter anxiety. *Staying out of the weeds.

*Leading sustainably - avoiding burnout. *Tackling difficult conversations and performance.

*Transitioning roles.

Some testimonials include: "Karen's coaching sessions were excellent – whether helping you brainstorm a management challenge or pushing you to reflect on your own work and thought patterns." "She has provided fantastic support, challenging my thinking and assumptions."

"She created a safe environment of positive self-reflection which has been transformative."

"Absolutely invaluable at a time I took on a new leadership role." "She helped me have as

much impact as possible." "She helped me reboot clarity in my skills values and direction."

"She helped me see myself and what I can offer from a variety of lenses which I hadn't previously considered."

www.karenoconnorconsulting.com

July 2013 -present: Media Consultant Editorial Advisor

UK broadcasters and Indies, digital content producers, international partners, charities, and private individuals.

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Nov 2012 – June 2103: Editor BBC Two Newsnight

45 minute Daily Current Affairs programme. I was seconded by the BBC from my substantive senior role to lead programme team through a crisis period triggered by BBC Jimmy Saville, and to ensure Editorial rigour, public confidence, and staff resilience.

2008 – 2013: Head of London Factual, BBC Production:

Created a transformational £77 million Factual production base, merging 6 separate bases and changing the skills mix, leading 15 creative Executive Producers, and a diverse staff and freelance base through creative and technical change. London Factual introduced new digital technology, to create Documentary, Science, History, Arts, Consumer and Features for the four BBC Channels, Digital and Learning departments and international co-producers and buyers.

Jan 2007-Jan 2008: Commissioner BBC Current Affairs

Commissioning journalism films, content and investigations from BBC Production and Independent companies.

January 2004- Jan 2007: BBC 2 *This World* Foreign Affairs documentary strand. Editor and Commissioner:

Multi award-winning internationally distributed strand (awards including International Emmy/Foreign Press Association/Amnesty/One World/Bafta Nominated).

2003- 2007: Executive Producer BBC Current Affairs

Holiday in the Dangerzone (6 series), *Cooking in the Dangerzone* (6 series) Award winning series.

2002-2004: Editor BBC 2 "Correspondent"

Multi award-winning 45-minute international reporter-led current affairs strand. Three Peabody awards.

1997-2001: Deputy Editor and Executive Producer BBC Panorama

Executive Producer of numerous award-winning documentaries including *Who Bombed Omagh?* (RTS Winner and Bafta nominee)

1991 -1997: Deputy Editor BBC 2 Newsnight

1988 – 1991: Day Editor BBC 6 O'clock News

Other: Film maker and Field producer *BBC Newsnight*, *BBC News*, *Panorama*, TV-am London News Editor and Bulletin Editor, Channel Nine Australia – Television Reporter

Board Experience

Present: Board member and Finance Committee member Anti-Slavery International. 2004-present Member of BBC News board, TV Editorial Board, BBC representative on EBU Documentary group, BBC Factual Board Management Group and Leader of a major pan-BBC efficiency engagement project with across the UK's 25000 staff. W1 Change board

Education

Marist Sisters Woolwich Sydney and Strathalbyn High School SA. (Matriculation)
Bachelor of Arts, Journalism, Magill Journalism College (University of South Australia) Adelaide Australia. Ashridge Business School Leadership 2004. Academy of Executive Coaching. Global Team Coaching Institute.

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