

CATHY MILLIS FCIPD

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BIO

Cathy Millis is an Executive Coach who works with individuals to unlock their potential and help them see what they can truly accomplish.

Cathy has 27 years' experience working in Corporate business as a Board-Level People Director. She started her own Coaching Business to fulfil her passion of inspiring others develop and achieve their goals. "My best days are where I know I've had productive conversations where others have gained knowledge or insight into themselves or others that helps them move forward".

As a person, Cathy builds strong, genuine rapport with individuals and uses her expertise and intuition to enable others to identify and achieve their goals. Cathy is not afraid to challenge individuals to ensure they tackle all aspects of their self-development including embracing and exploiting their unique strengths.

Cathy is an HR professional who has worked in a variety of service industries including Marks & Spencer, Carphone Warehouse and Countrywide. She has also held a Board Level HR Director role in a privately-owned service company. Cathy is a Fellow of the Chartered Institute of Personnel and Development. She holds occupational testing certificates in Saville Assessment and BPS (Level A & B) and ILM certificates in Coaching.

"Cathy has a unique quality as a coach - she is able to use her direct but empathetic questioning style to rapidly analyse how she can support and develop people through extremely challenging situations" *Margaret L. Managing Director, Property, UK*

"Cathy's ability to help me see the wood for the trees has been invaluable in my own development and given me the confidence in my ability as a leader. This has enabled me to achieve my performance goals." *Tim W. Head of HR, Property, UK*

"If you thought something was unachievable, Cathy will turn it on its head and work with you to identify the achievable options for you" *Heidi E. Company Director, Management Consultant, UK*