Rachel Walden

Executive Coach, specialising in Leadership Effectiveness



Rachel is an influential and collaborative Talent Manager and Leadership Effectiveness Coach. Her passion and expertise lie in helping leaders realise their potential, in the context of the wider team, organisational system and succession management strategy.

Her 25 years' international leadership and talent management experience spans diverse industries ranging from Banking, Telecoms, Oil and Gas, Professional Services, Construction, Housing Associations to Not for Profit. She has had the privilege of living and/or working internationally in USA, Asia-Pac, Europe, MENA and Latin America which brings a diverse perspective to life and work.

Her coaching and facilitation style is business focused, engaging, pragmatic and challenging, whilst drawing on her studies and interest in Neuroscience and the impact on behaviour. She specialises in the areas of Influencing and Communication, Transitioning into expanded leadership roles, Navigating change and ambiguity (both process and human element), Developing high-performing teams.

Building individual , leadership and organisational capability can often feel intangible, particularly in times of dramatic change. Her guiding principles are:

Is it Empowering? Is it Sustainable? Is it the right thing now and for the future? As an ICF PCC certified coach with an MSc in Coaching & Behavioural Change from Henley Business School, these are just some of the questions Rachel might ask when approaching a coaching engagement.

In other moments, Rachel can be found embracing the surf or the vistas on a pleasant coastal walk somewhere in the UK or beyond.

Contact Rachel through graham@ispiremc.com

Learn more about her background and experience at LinkedIn.

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