

# Our People: Arif Jiwany



## **Background & Experience**

Arif Jiwany originally worked in social services before studying Psychology and then Medicine. He qualified from his medical training in 1994 and subsequently gained his post-graduate qualifications in both General Practice and Occupational Medicine. During this time, Arif's interest in empowering and maximising people's potential and in particular the link between health and performance (especially in the workplace) grew.

Over the last 5 years, Arif has been developing his portfolio career, which combines, General Practice, Occupational Medicine, Consultancy and Coaching & Training work.

Arif has a passion for others' learning and has an understanding that sustainable performance as a leader is dependent on building and maintaining health and fitness – physical, psychological and neurological.

With an extensive experience in working in a variety of environments spanning the public and private sectors he is used to interacting effectively with a diverse cross-section of people.

He has worked with people at all levels of organisations, both for individual coaching as well as for training. Most recently he has been part of a team delivering Customer Service trainings (using coaching

skills) to Sales Executives for a major Automobile manufacturer and as Coach to several senior managers within a large Housing association (as part of a Leadership Development Programme).

Arif's style of coaching is very flexible and he has a wide experience in dealing with issues ranging from improving performance, career change, dealing with interpersonal conflict as well as health issues such as managing stress at work.

He is particularly interested in resilience, work life balance and health and its relationship to workplace performance. He strongly believes these can be dealt with effectively with empowering 1:1 coaching and also through well delivered workshops.

Arif is a NLP Practitioner, NLP Master Practitioner as well as trained as NLP coach. Currently, Arif is working towards his International Coach Federation (ICF) accreditation. He has also been extensively involved in training and supporting other NLP practitioners and professional coaches on an ICF accredited training programme.