

Our People: Tracy Sinclair



Overview

Tracy is an established and successful coach, trainer and facilitator who works with executives, leaders and managers to support both their professional and personal growth and development.

She is an avid learner, so it is sometimes hard to keep up to date with her latest qualification!

Coaching and Training Experience

As a corporate coach, Tracy draws upon the depth and breadth of her career, along with her own personal life experiences. These have equipped her with an empathy and understanding of the many challenges we are faced with today in our ever changing and increasingly demanding environment. She firmly believes that we all have the resources to face those challenges and achieve the things we want in work and indeed in life. As a qualified NLP Coach, Tracy uses some of the NLP constructs to work with clients. The organisations she has worked with include:

- Goldman Sachs
- Fuji Bank
- American Express
- Greene King
- BMW
- NTL
- Insight Research Group
- Legal and General
- British Standards Institution
- Hermes Pensions
- Nokia

Coaching Style

Tracy engages with her clients' challenges and goals by focusing on enabling them to tap into their own talents and resources so that they may achieve excellence through increased clarity, productivity, effectiveness and enhanced decision making. She also helps her clients to raise their own self awareness and inner coaching ability so that they may continue to create exciting and fulfilling careers and lives of their own design. Her style is incisive, intuitive, thought provoking and compassionate. She creates a space for

her clients to think, feel, be and explore, so that they may take charge of their careers and their lives and achieve their full potential in every way.

Career History

Tracy has spent all of her career to date in the private sector working predominantly in the finance industry. She has over 15 years' experience in operational and people management, project management and consultancy for leading organisations such as Bank of America, Lloyd's Register Quality Assurance and American Express. Tracy has a successful performance development business and over the last eight years her clients have included Goldman Sachs, Greene King, BMW, NTL, Nokia, The Association for Accounting Technicians, TRACE Computers, Insight Research Group, Fuji Bank, Legal and General, British Standards Institution and Hermes Pensions.

Training and Qualifications

Tracy is a member of the International Coach Federation (ICF) and has trained extensively with Ian McDermott and Jan Elfline; two of the world's leading experts in the field of coaching and NLP. She has achieved Certified NLP European Coach status and is a Certified Master NLP Practitioner. She also holds an honours degree in Spanish. Tracy has her own coach and commits to her on-going personal and professional development to ensure the quality of her client work is of a high standard. She has recently qualified with Michael Grinder in the use of non verbal language and is working closely with him to promote the programme in Europe. She is also studying for a degree in psychology with the Open University.

Other qualifications:

- Psychotherapy and Counselling Training
- Basic counselling skills
- Facilitation skills
- EFQM (European Foundation for Quality Management)
- Self Assessment Auditor
- ISO 9000 Internal Auditor