



# Reg Friddle

Head of coaching and learning programmes

I have been a qualified executive leadership coach and trainer since 2006. I provide a professional and empathetic approach to help leaders to understand the real-life problems and challenges they face. We then work together to define effective strategies to learn and overcome these challenges.

I have worked with hundreds of leaders, as coach and trainer, all the way up to senior leadership levels, in private, public and government sectors across EMEA and the USA.

## Contact

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## Education

Advanced Diploma -  
Executive Coaching  
Michael Smurfit Business School

Advanced Diploma -  
International Business  
Ulster University

BA (Hons) Business  
Greenwich University

Advanced Certificate -  
Training & Learning and Development  
Chartered Institute of  
Personnel & Development

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## Specialist areas

### Management & leadership coaching and training

I specialise in working with managers and leaders at all levels and have significant and proven success in this field. Including bespoke training courses and one to one coaching.

### Customised team coaching & team team development

I provide facilitated team coaching sessions to help teams to increase their performance and improve their ways of working, reducing conflict and building a highly effective team.

### Psychometrics and 360 degree feedback

Licensed practitioner of MBTI and Insights Discovery psychometric instruments. I blend these with high 360 degree feedback to raise clients' self-awareness of their leadership style and help them make real improvements that lead to measurable results.

### My approach

Flexible approach, customised to your needs  
Focused on delivering results  
Friendly and open style

