

Cathy Fennell



Catherine Fennell has been coaching and facilitating business leaders and their teams for 20 years. Cathy brings a rare mix of coal-face business experience coupled with Management Development, Business Change and Personal Skills expertise. Cathy's style of delivery is insightful and challenging whilst remaining pragmatic and empathetic.

Cathy's business background stretches from being a Retail Sales Manager to Finance, Global IT Outsourcing and HR Consultancy. This includes 13 years within IBM, where Cathy was an international coach and lead consultant on strategic change and leadership development with EMEA and Global Executives.

Cathy's clients range across companies such as The Financial Times, Cable and Wireless, DBM, Micro Focus and IBM to various small businesses.

Cathy has an MBA and is trained in Coaching, Change Facilitation, NLP, TQM and ISO9000, Leadership Behaviours, Organisational and Team Dynamics, Advanced Mediation and Communication Skills. Cathy is also a member of the International Coach Federation and Corporate Coach U and is often seen speaking at international events on the field of coaching.

Cathy lives on the south coast. Her interests include classic cars, scuba diving, dancing and horses.

What Cathy's clients say...

"Professional and highly experienced approach, Cathy clearly practices what she preaches. This coaching goes beyond just theory and models – it's on target, experiential and facilitates insight at a deep level" *Managing Director WCI*

"Cathy's contribution and professionalism is exemplary. Her coaching skills are of a very high caliber and her knowledge in the organisational / leadership development area is excellent" *WW HR Dir.*

"Cathy's coaching was encouraging, helpful, fun and challenging. Would I recommend it? – absolutely yes! - it's a valuable, insightful, grounding experience." *Dir of Executive Development & Education, Reykjavik University*

What Cathy says...

"If you are reading this it is likely that you want to make a change to you and your business. The good news is you have more options and capability than you realise. Working with me you will gain clarity about your situation and its core levers, explore new possibilities and develop and implement your own solutions. My mission is to unlock and build your capability and help you and your business become more self sufficient."

Contact us to set up an initial meeting or simply to ask a question:
contactcatherine@notionltd.com