

Karen Skehel



Karen Skehel is a business coach who brings over 25 years of business and personal development experience to coaching. Her background spans advertising sales and marketing; commercial radio and sales promotion. She founded and ran her own successful marketing agency, is an expert group facilitator and leads personal development workshops in a number of areas including stress managements and "emotional intelligence".

Today she provides outstanding business coaching for MD's, directors and entrepreneurs, who want to create extraordinary results in their businesses as well as within themselves and their personal lives. Her clients are leaders in many different business sectors including catering and hospitality, marketing services and media agencies, retail, fashion, construction (architects and property developers) and recruitment.

Karen has coached in front of 1½ million people on ITV's most popular day time programme and has also appeared on ITV2. Her tips for success in business have been broadcast on radio to 25 markets in The US. She writes for one of the UK's top selling magazines and contributes a page addressing readers' professional and life challenges every month.

Karen is certified by two coach training schools both of which are accredited by the International Coach Federation and she also has a "Mastery in Coaching". She is a London University graduate in Management Sciences and holds a number of counselling qualifications and a Diploma in Group Facilitation using Emotional Intelligence models.

Karen is passionate about work/life balance: she combines coaching with parenting two teenage boys, creating papier mache and mosaic designs, playing tennis, learning to teach Biodanza (a South American dance) and spending time with her partner who builds sustainable communities.

What Karen's clients say...

"I have been involved in coaching with Karen for 4 years, simply because coaching with Karen works. I focus pretty exclusively on the results which is why I have stayed loyal to her. Karen is a steady hand on the tiller and I would recommend her as a coach to anyone." *Paul Miller, Chairman, The Intranet Benchmarking Forum*

"Through coaching with Karen, I've re-organised my head, brought things into perspective, achieved defined objectives and sharpened my focus. It's been enlightening!" *Mark Herman, MD, Inhouse Catering*

"I was quite sceptical about what coaching could help me achieve, and thought that I would never have time to fit it in! Actually, I have loved the time that I have spent with Karen. I really look forward to seeing her, she has helped me to streamline my thoughts and aspirations for the business. It is very inspiring" *Rachel Riley, MD, Rachel Riley*

What Karen says...

"As a highly experienced business coach, I am able to support my clients both to achieve and develop their goals around their wide-ranging business needs as well as in the broader context of their overall development. My approach gives both the individual and the organisation outstanding results. I really appreciate making a difference to my clients. I love working with clients who are committed to creating inspiring results and really want positive changes. If this sounds like you, contact me and watch what we can do together."

Contact us to set up an initial meeting or simply to ask a question:

contactkaren@notionltd.com