

Heather Rachel Johnston

Heather is an experienced business coach and facilitator with a strengths based/psychological approach to coaching and facilitation that builds on qualifications in cognitive behavioural coaching, mindfulness and development in positive psychology and strengths based interventions.

Heather has a passion for helping people tune into their authentic selves and build capability to help themselves fulfill their potential, increase their wellbeing and sense of purpose, motivation and performance. She enjoys enabling people to 'feel more confident at being themselves at work' while adapting to the challenges that different work cultures and leadership transitions bring.

Heather is particularly fulfilled when coaching others, designing events and creating/facilitating environments where there is laughter and learning. She enjoys helping people 'find their fit' and focus on what is 'right' with them while being cognisant of their weaknesses and having a plan to prevent derailment. She loves learning, a strength, an ideal assignment is to be learning with a client in a creative space. Heather recognises that she doesn't have all the answers and loves to weave a tapestry of ideas, thoughts and connections with clients so they find the answers for themselves.

Heather herself, is on her third 'career' having worked within the NHS (as a Project Manager and Deputy Commissioner), in Investment Banking (as a internal consultant and Development Executive) and for herself (as a Business Coach). She is the early stages of a fourth career as an artist (Mixed Media) interweaving this with her love for coaching, learning and development.

Heather has worked independently since 2004 and has experience of working across different client sectors in both an employed and consultant capacity. Previously, Heather was a Development Executive at JPMorganChase responsible for the people development solutions for 4500 EMEA employees across the Investment Bank middle office and Infrastructure divisions. Heather's early career was spent in the NHS in contracting, business service development and project management roles, latterly, leading the Private Finance Initiative tender process for a £12million NHS community hospital rebuild.

Heather holds a MBA from Henley Management College, a BSc (Hons) in Economics from St Andrews University and has Certificates in Coaching specialising in Psychological resilience, redundancy coaching and counselling, REBT, Stress management and Performance coaching. Heather is also a Coach and Development Consultant Supervisor. She has a regular mindfulness practice and has completed a teacher training retreat for mindfulness based stress reduction with the CMRP at the University of Bangor and a mindfulness for coaches course. She holds Level A & B (Intermediate) certificates in Psychometric testing. Clients have said:

My objective at the outset of the coaching programme was to develop in my role but in a way that was truly authentic to my character and values, and I believe that Heather has shaped our sessions and work together over the past months and really helped me along the road to achieving that

We needed a facilitator to help us in the critical task of coalescing the senior management team. Heather did exactly that and lived up to out high expectations.

Heather loves the countryside, the wilder the better and enjoys sketching, walking and being in nature. She uses these experiences to fuel her work and art.