



## Carroll Macey

### Introduction & Expertise

Carroll runs the Level 7 Performance Management module and works with CMBD clients to help enhance effectiveness in their roles through development of non-technical knowledge, skills and awareness of mental models that drive behavioural changes needed to achieve personal and organisational success.

Carroll's passion is in working with organisations to drive results and enhance performances. Her approach to this is through a recipe of: workshop facilitation (where knowledge and tools are shared), executive coaching (where insights are gained and obstacles removed) and performance management (where processes are explored and behaviours optimised to drive results).

### Experience

Prior to setting up her own business in Executive Coaching, Management and Leadership Development, Carroll's career was forged in a variety of commercial roles including Board Level positions, in sales and account management. As her career developed she found herself drawn to the field of psychology and trained in her spare time to be a psychotherapist running clinics in London and Wiltshire.

In 2001 Carroll transitioned her career into people development and the next few years were spent working within Siemens developing leadership and management capability and introducing coaching skills. She spent a period of time developing the Midlands area for a leading consultancy company before returning back to Siemens and holding a senior position before leaving in 2009 to set up her own consultancy practice.

Carroll's experience enables her to build close commercial relationships and deploy pragmatic solutions. She brings a unique approach to people development with her organisational development training and her credibility as a mindfulness teacher that enables her help her clients see, understand and change their mental models to achieve success.

### Professional Qualifications/Affiliations

- Counselling & Applied Psychodynamic Approaches
- NLP Practitioner
- MBTI & 16F Practitioner
- Strength Deployment Inventory Facilitator (SDI)
- Emotional Intelligence
- CIPD Advanced Certificate in Coaching & Mentoring
- PRISM Brain Mapping Practitioner
- Goal Mapping Practitioner
- MBSR Mindfulness Teacher TT1

