

MEET AQR / CO-FOUNDER

Anthony Taylor

CO-FOUNDER & DIRECTOR



01 / THE SHORT VERSION

Helping leaders and teams think clearly, talk honestly and perform under pressure.

Anthony combines team-performance expertise with more than 20 years of leading communications through change, complexity and high-pressure environments.

He helps leaders make sense of what is really happening, surface the conversations that matter and turn insight into clearer decisions, stronger relationships and measurable movement.

HOW ANTHONY WORKS

Warm enough to create trust. Challenging enough to change the conversation.

Clarity, challenge and movement.

02 / EXPERIENCE

A career shaped by communication, leadership and change

Anthony has led communications functions in local government, a major UK retailer and an electricity distribution network operator. That experience gave him a close view of what happens when priorities are unclear, pressure rises and important messages or conversations do not land as intended.

Through AQR, he has designed and delivered work across social housing, professional services, automotive, public sector, manufacturing, construction, energy and technology - always starting with the problem rather than a standard programme.

03 / COACHING & FACILITATION

A space to think differently - and act differently

Anthony has coached since 2006 and specialises in executive, leadership and team coaching. He works with leaders facing difficult decisions, confidence and imposter feelings, conflict, boundaries and the demands of performing under pressure.

His approach pays attention to the words people choose, the assumptions beneath them and the moments of contradiction or hesitation that can reveal a more useful line of inquiry.

04 / SELECTED CREDENTIALS & WORK

01 Qualified coach and EMCC member

02 Master Practitioner in Mental Toughness

03 Master Practitioner in Emotional Intelligence

04 Conference Speaker & Podcast Guest

05 Author of three management and resilience books

06 Host of The Mental Fitness Podcast

ONE MORE THING He has performed stand-up comedy at the Frog & Bucket in Manchester.