



NATALIE SNODGRASS
DIRECTOR, QUIET SPACE COACHING AND HEDSPACE CONSULTING

LEADERSHIP, NEURODIVERSITY AND CAREER DEVELOPMENT COACH
PSYCHOLOGICAL SAFETY PRACTITIONER
HIGHER EDUCATION CONSULTANT

“THE REAL VOYAGE OF DISCOVERY CONSISTS NOT IN SEEKING NEW
LANDSCAPES BUT IN HAVING NEW EYES” – PROUST

NATALIE’S COACHING AND CONSULTANCY WORK IS DRIVEN BY THE BELIEF
THAT TRULY TRANSFORMATIVE CHANGE HAPPENS IN THE SPACE OF
COMPASSION AND INCLUSION, THE ABILITY TO SUSPEND JUDGMENT AND EGO,
THE WILL TO OPEN UP TO DIFFERENT PERSPECTIVES, AND
TOLERANCE FOR “SITTING IN THE FIRE” – BECOMING COMFORTABLE WITH
DISCOMFORT.

NATALIE SNODGRASS

Natalie Snodgrass is a neurodiversity, leadership and career development coach; workplace mediator; and higher education consultant specialising in psychological safety, inclusion and belonging, organisational culture, and transformational, people-focused change. Her background is in UK higher education (HE), with over 20 years of experience across a broad range of academic and professional services roles.

Natalie’s coaching work focuses on helping clients to reach their authentic potential and to lead happier and more fulfilling lives. She has a special interest in equality, diversity, inclusion and belonging, and two of her key areas of focus are, accordingly, the provision of neurodiversity and executive function coaching to neurodivergent clients in support of their attainment and performance goals, and to increase representation of underrepresented groups (e.g. disabled, ethnic minority, LGBTQIA+) at senior leadership level within the UK HE sector.

Natalie’s consultancy sits in complement to her coaching work. This focuses on building and developing psychologically-safe and high-performing teams, facilitating effective group and team dynamics, and supporting the delivery of successful and sustainable organisational change through effective change leadership and management.

TRAINED/CERTIFIED FOR

- Psychological coaching (CertPsychCoach)
- Career development coaching (Registered Career Development Professional)
- Mediation and conflict management (Accredited mediator)
- Psychological Safety Index
- *Facet5* and *Teamscape* profiling
- Advanced executive function coaching
- Guided meditation
- Project management (PRINCE2)

TOP THREE VALUES

- Compassion
- Integrity
- Respect

LANGUAGE SKILLS

- English

MY PURPOSE/PASSION

The creation of neuroinclusive and psychologically safe spaces within which all individuals have a voice, are valued and appreciated, and can perform and thrive.