



LUCY AIRS

COACH, FACILITATOR & PSYCHOLOGICAL SAFETY PRACTITIONER)

Breakthroughs are powerful, but real growth comes from the micro-moments of everyday practice. What matters is knowing what to pay attention to.

“Lucy is an experienced coach who knows how to listen deeply and ask the right questions. Even after talking with her for a short while I could feel challenged to dig deeper and understand myself and my goal in new ways. She cares about people and it shows through her coaching.”



LUCY AIRS

Lucy brings over 20 years of international experience working with leaders and teams across corporate, education, and healthcare. An experienced practitioner, she helps organisations unlock collective intelligence, strengthen resilience, and embed positive leadership practices that enhance performance and wellbeing.

Her work combines evidence-based methods with engaging, interactive approaches that make learning memorable and practical. She designs and facilitates workshops that help leaders and teams blend learning seamlessly into everyday life — embedding practices such as psychological safety, emotional intelligence, and positive leadership in ways that naturally strengthen trust, collaboration, and adaptability.

Alongside her practice, Lucy lectures in Positive Psychology, Coaching, and Psychology in the Workplace, combining real-world insight with academic rigour. Her passion for supporting leaders and teams in practice is also what led her into research where she focuses on psychological safety and leadership, exploring concrete ways to support leaders in developing safe, thriving teams where both people and businesses can flourish.

TRAINED/CERTIFIED FOR

- ICF PCC
- Advanced Appreciative Inquiry
- LEGO® Serious Play® for PP
- Innovation Games®
- R² Resilience®

TOP THREE VALUES

- Learning that Sticks
- Ethical Integrity
- Collective Learning and Growth

LANGUAGE SKILLS

- English / French

MY PURPOSE/PASSION

I believe we can all be good and all be bad and do bad — much depends on strengths, skills, and context. This is at the heart of everything I do. Competence and context are key to flourishing people and businesses.