

COACHING PROFILE



Name:	Elise Downs
Role:	Dare to Lead Support Facilitator and Coach
Company Name:	Connected Coaching NE
Company Website:	www.connectedcoachingne.com
Contact Details:	Elise@connectedcoachingne.com

PROFILE:

Elise is an ILM Level 5 qualified coach and facilitator dedicated to helping individuals navigate personal growth through deep connection and authentic rapport. Her approach centres on creating a supportive environment where clients can tap into their resourcefulness, raise their awareness, and develop a deeper understanding of their potential. With a strong foundation in the events and hospitality industries, she brings energy, adaptability, and people-first insight to her coaching practice. Elise coaches wholeheartedly, helping clients navigate complexity and shape strengths-based, achievable goals.

COACHING STYLE:

Elise's coaching supports clients to build confidence, clarify priorities, and move from reflection into purposeful action. Her sessions are designed to help individuals recognise their strengths, explore barriers, and identify practical next steps that feel realistic and sustainable.

Elise takes an empathetic yet practical approach to coaching, placing the whole-person perspective and Timothy Gallwey's performance equation at the heart of her style. She creates a supportive environment where clients feel heard, understood, and motivated to act. Elise combines ILM methodology with tools and techniques shaped by strengths, values, lived experience, and individual characteristics.

Elise is particularly well suited to supporting individuals who are navigating change, building confidence, strengthening self-awareness, or seeking a reflective space to explore personal and professional development.

PROFESSIONAL QUALIFICATIONS AND TRAINING:

- ILM Level 5 in Effective Coaching and Mentoring
- Practical experience in group facilitation, team coordination and stakeholder management

PROFESSIONAL MEMBERSHIPS:

- Member of the Association of Coaching (AC)

CAREER BACKGROUND:

Elise has a track record of managing events, logistics, and customer relationships within the hospitality and entertainment sectors. As a lead events organiser in the vibrant underground Leeds music scene, she developed strong skills in leadership, communication, and community engagement. Alongside this, her work as a self-employed vintage clothing reseller has strengthened her self-motivation, financial planning, and realistic goal-setting.