

Clare Walkeden MCIPR, Dip. Coach

Enabling people to be reflective, resourceful and resilient.

A qualified coach and facilitator, with an evidence-led approach. Extensive experience with individuals and teams, local to global, bringing focus to behaviours, motivation and wellbeing, to develop and perform well.

As an endurance athlete, you'll find me on the bike in tough terrain and stunning places. An experienced Board member and Chair to Abianda, a London based Charity working with young women and girls, affected by criminal exploitation and violence.

An advocate of fresh air for fresh thinking! Encouraging people to venture beyond the usual confines of their minds and offices, embrace the outdoors and foster renewed clarity, curiosity and cognitive growth.

Cultivating an endurance mindset, for sustained momentum in life and business.



Coaching | Team Learning | Leadership Development



Working with managers and leaders on personal development and learning that increases **wellbeing** and **performance**, as a result.



Enabling **positive communication and behaviours**. Providing the tools for teams to understand themselves and others, including **DISC** strengths profile.



A strategic thinking partner, creating fresh space for individuals and teams to explore and co-create. A **critical trusted friend** to lone(ly) leaders and managers moving up.



Enabling outside thinking and **outdoor** experiences for **creativity, connection and clarity**. Ask me about building an **Endurance Mindset!**

For people who think, do and feel well, together



Coaching: Experienced in supporting managers, leaders and business owners.

Creating quality time and space, that brings focus, clarity and action to areas of change and challenge. Building wellbeing as the pathway to performance, that develops people who are resourceful, confident and resilient.

Facilitation: Bringing people together to get clear and gain momentum.

Workshops, away days and facilitated thinking for teams, that builds rapport, positive communication and trust, for impactful outcomes. Enabling fresh perspective and quality time out, for boards and leaders on strategic projects for now and into the future.

Expert Speaking: Sparking new thinking via my stories of being 'out there'.

Bringing more than a dash of inspiration to your team meetings, away days and events. Story telling to set the foundations of an endurance mindset, real resilience and the highs and lows of being an 'everyday athlete'.

Enabling people to perform at their best, for themselves and for business.



Auburn Consultancy

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MEMBER
I am a member of
EMCC and abide by the
Global Code of Ethics