



Hazel Spain, Assoc.CIPD, FLPI, Associate AoEC Executive Coach

Hazel.s@live.co.uk

07592979254

[LinkedIn](#)

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Overview

Hazel specialises in coaching people within the workplace, helping them to achieve their goals and objectives overcoming barriers and challenges by connecting those goals with their core values, beliefs, and what's important to them, to reach the right solutions for them. When we focus on solutions that meet with our core beliefs, values, and passions, we become our best and authentic selves, leading to fulfilment, and happiness.



Background

Hazel's passion for helping people to learn, grow and develop stems from both her career in Learning and Development and from having her children. Watching their curiosity, helping them to learn and navigate life's curveballs, has enforced the idea that we all have the ability to learn, and in doing so we can change our work lives for the better. Having worked in financial institutions for most of her career and being aligned to Human Resources in her role as Learning and Development, Hazel understands the complex nature, culture and challenges of organisations, and the different development needs of its employees. Hazel is a mentor and has championed mentoring schemes within the workplace, and her coaching experience includes working with people on achieving performance-based goals, and career aspirations. Hazel qualified as an executive coach in 2020, and since then has launched her own unique 121 coaching programmes, 'Be your Best Version: Career development coaching' and, 'Be your Best Version: Workplace performance coaching.

Purpose and Coaching Approach

At the heart of Hazel's services is the belief that everyone has potential. Hazel's purpose is to help clients unlock their potential and realise their ambitions.

Hazel is influenced by co-active coaching, a collaborative and trusting approach which creates a safe space where a coachee can explore and discover, gaining clarity of thought and action. Hazel uses the coaching model OSKAR in workplace coaching, which aims at helping a coachee to clarify their goal or outcome, explore the options and resources available to them, building on their own natural talents and strengths, and defining clear next steps and actions to take forward between and after



the coaching sessions. Bringing her passion for wellness and building resilience, Hazel makes use of a variety of techniques and exercises, providing appropriate challenge and time for reflection to help coachees develop greater self-awareness, explore both how they think and feel, and the impact of this around them both in the wider team, company, or world.

Hazel has helped clients in the following areas:

- ◆ Career development and aspirations
- ◆ Manager effectiveness
- ◆ Stepping up into leadership
- ◆ Increasing influence
- ◆ Building personal brand, visibility, and credibility
- ◆ Increasing confidence
- ◆ Building effective relationships
- ◆ Resolving conflict
- ◆ Combatting imposter syndrome/phenomenon
- ◆ Building resilience, defeating overwhelm and burnout
- ◆ Gaining better work life balance / wellness coaching

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“Hazel’s coaching sessions helped me to reframe personal doubts, navigate imposter syndrome and have given me the confidence to become a more effective leader and to continue to build my team to be efficient and be high performing. Overall, it was an enjoyable and enlightening experience, and I would highly recommend this journey”.

Qualifications and Awards



AoEC Associate Executive coach



Assoc. CIPD L&D



Fellow LPI

- LPI Learning Awards Bronze award – Career development - 2022.
- LMF People Awards Highly Commended Outstanding Contribution L&D - coaching 2022.