



SAINTY HIRD
& PARTNERS

HARRIET HENEGHAN

LEADERSHIP COACH



Harriet is a trusted adviser and supports leaders to take control of their futures. She acts as a sounding board and where needed helps people recognise and identify what really drives them. She is a highly experienced having worked as an executive coach for over 15 years. Her clients are typically c-suite and senior leaders from a broad range of sectors and span large multinationals through to fast growing start-ups.

Harriet has an MSc in Organisational Psychology, which brings scientific validity and robustness to her work. She is certified and accomplished in the use of Hogan personality profiles, and emotional intelligence assessments (EQ-i 2.0 and EQ 360). Her core expertise is in assisting leaders, professionals and teams achieve their ambitions, whether this be from a business perspective or more personal perspective. She also has specialist expertise in helping people communicate skillfully, where she shows individuals how to increase trust and emotional buy-in.

Harriet has set up a coaching business of her own, having worked previously for a leading boutique consultancy. Before being a coach, she spent 10 years working for UBS Investment Bank, initially within the finance team, which gave her depth of experience in the commercial world. She then moved to its learning and development division, following her passion for helping people perform at their best.

Feedback on Harriet's coaching:

- "Thank you, your coaching has meant I've met challenging personal and professional objectives. All along I've felt in safe hands, and you have dealt with tricky situations with the utmost professionalism, empathy and understanding." *Chief People Officer, Public Broadcaster*
- "Harriet helped me have the conversations I needed to have with myself, which I wasn't having with myself." *CFO, FTSE 100 Insurance Company*
- "I thought I'd given you an impossible task but somehow you have turned it around. I couldn't be more grateful." *Chief Investment Officer, Asset Management Firm*
- "Magic stuff and much appreciated. In the team's words, excellent: unexpected, uncomfortable, revelatory. A recognisable step up in how they communicate. Knock on benefits I wasn't expecting in terms of how we work together, and how they cascade down some of the thinking and techniques." *CEO of Professional Body having coached their senior leadership team*

Harriet Heneghan has an MSc in Occupational Psychology from Birkbeck University London a BSc in Psychology from Bristol University; is doing the Certificate in Advanced Coaching Practice (ICF certified); and is certified in Hogan Personality Profiling and the emotional intelligence assessments EQi 2.0 & EQ 360

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