



Sarah Smyth

Executive Coach - CPC, ACC

Certifications:

- Institute for Professional Excellence in Coaching (iPEC)
- International Coach Federation (ICF)
- Energy Leadership Assessment (ELI-MP)
- Hogan Assessments
- EQ-i 2.0 and EQ 360 Assessments

Sarah Smyth is an intuitive and results-focused executive coach. Sarah works with clients ranging from high potentials and new managers to C-suite leaders and business owners, helping them to achieve their personal and professional goals. Sarah's coaching style comprises attentive listening with a warm, direct style and strategic approach that helps to bring out creativity, inspiration and motivation in her clients. She helps them to develop skills including confidence, resilience, communication, decision making, emotional intelligence, executive presence, managing conflict and career strategy. Sarah's overriding philosophy is that you can do anything you put your mind to.

During Sarah's former career in financial services, she held senior roles in brokerage, distribution and marketing, working for global firms including HSBC, Deutsche Bank and Bank of America Merrill Lynch. She understands first-hand the pressures of the corporate world.

Sarah holds a first-class BA Hons in Business Information Management and Finance from University of Westminster, and a PGDip in Management from the University of London. Sarah is certified by the Institute of Professional Excellence in Coaching (iPEC) and is accredited by the International Coaching Federation (ICF-ACC). She is also certified in the full suite of Hogan and EQ-i 2.0 assessments. Sarah's interests include cookery and wine; she graduated from the prestigious Cordon Bleu culinary school and holds the top Wine and Spirit Education Trust award, the WSET Diploma. She is a Freeman of the City of London.