

Natasha Millard

Natasha is a Professional Coach and Chartered Business Psychologist whose passion is working with individuals and groups to enhance and enrich both their professional and personal lives. She has over 11 years experience in both the private and public sector

Natasha's degree in Psychology, Masters in Occupational Psychology and her International Diploma in Professional Coaching allows her to use a pool of tools and techniques when coaching that can be utilised such as psychometric tests, 360 degree feedback and NLP methodologies to understand an individual's personality, values, beliefs and goals.

Increasingly Natasha is spending more time working with groups on how they can become effective coaches, allowing them to create opportunities and unleash the potential of their teams and colleagues. She also works with organisations to ensure their selection processes are valid, reliable and objective and works with organisations to design, develop and implement effective development centres and leadership programmes.

Away from work Natasha loves to travel and with a father as a chef has a discerning palate for fine food. She loves to exercise, whether it's tennis, swimming or body combat. She recently became a mum for the first time, which will mean she will soon have to juggle all of the above.

