

# Mentor Profile

**Mentor Name**      **Helen Chambers**

## Pen Portrait

*Please give a brief profile of yourself in 50-75 words*

Helen is renowned for her unflappable, realistic approach, her ability to see things holistically, and for her ability to quickly establish rapport. Helen believes in the power of reflective practice and in the benefits of self-awareness, self-belief and self-reliance.

## **What is your greatest achievement so far?**

Establishment of my business and continued development (plus bringing two wonderfully boys up!)

## **Name an organisation (other than your own) that you see as the perfect one and why?**

Waitrose – quality, customer service, smaller fish in a bigger, aggressive sea.

## **Name a business leader that you admire and why?**

I admire the leadership qualities displayed by Mike Brearley, former England cricket captain – psychological approach based on an understanding of individual inspiration. (Not business but..)

## **Why are you passionate about mentoring?**

Mentoring is win-win, both parties gain insight, are challenged, and I love to see the change taking place in people and organisations.

## **Who or what has been your greatest inspiration?**

Probably my father – he set the bar very high!

## **Professional Qualifications:**

NVQ Level 4 in Training and Development

NVQ Level 5 in Management

ILM Level 7 Certificate in Executive Coaching and Leadership Mentoring

Diploma in Hypnotherapy

## **Experience:**

Senior management positions in private sector.

Senior management positions in membership organisations, particularly working on training, CPD and qualifications.

Business owner – coaching and mentoring, training, consultancy. Former Mentor for All mentor.

## **Skills and Expertise:**

Holistic business experience and knowledge from 30 years in management - marketing, operations, strategy, HR, administration.

Extensive toolkit of techniques.

Understanding of diversity in terms of personality, learning, style, attitude, behaviours and values which is extremely valuable when mentoring and training.