



Mike Sheedy



"Everything has to do with your own attitude, your own way of thinking - your motivation."

Lama Zopa

A 20 year corporate journey included National Sales Management, Country Manager General Management and Global Strategic Marketing roles with American multinationals BetzDearborn, Hercules Inc and General Electric respectively.

Mike Founded **Peak Performance Consultants** in 2003 and has been successfully helping individuals, teams and organisations achieve their objectives by developing **more effective people** for the last 10 years.

With over 5000 hours of executive coaching logged, Mike brings a wealth of business and coaching experience and a passion for continuous learning to his clients which enables them to meet and overcome the ever greater challenges provided by the unprecedented levels of complexity and change endemic in today's business environment

Mike's coaching style is best described as a person centred approach informed by the writings and philosophies of Rogers, Buber, Jung, Berne, Peck, Frankl and others in the Humanist tradition and influenced by current leading practitioners such as Gallwey, Whitmore, Parsloe, Downey, Thompson and Starr.

A strong believer in the principles of andragogy as described by Knowles and others, Mike's interventions involve the client in an experiential learning process which helps them achieve the tangible results and / or changes that are required by the organisation and desired by the individual.

This approach alongside:

- The ability to inspire and motivate others
- His energy, enthusiasm and positive approach to work and life
- Extensive senior level business experience

Ensures that Mike's clients have a flexible, mature and productive coaching environment in which to achieve the goals which are important for them and their organisation.

Clients:

Mike typically works with organisations that recognise the need to have engaged, collaborative, continuously learning and high performing leaders in today's dynamic business environment.

Major clients have included:

Adidas; Manchester Business School; Eversheds LLP; Yokogawa; QHotels Group ; Copart UK; Lancaster University, Outsourcery, Solutia, Teach First, The World Academy of Sport, The IPC, York Management School and JT International.

Mike is an accredited:

- EMCC level 7 Coach-Mentor
- Insights Discovery Licensed Practitioner
- Licensed Practitioner in Leading and Developing High Performance
- Zenger Miller Facilitator
- me2 certified user, accredited WAVE consultant