



## Ian Mitchell MA | Curriculum Vitae

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### Statement of Practice

I am an AC accredited coach, PG Cert qualified coach supervisor and holder of a MA (Distinction) from University of Chester in 'Coaching Leaders through Transition and Change', with a major emphasis on developing team coaching praxis. My areas of expertise are in:

- One to one Executive Coaching
- Leadership Team Coaching
- Coach Supervision
- Coach Development & Training

My business partner and I have built a small, but dynamic practice based across Birmingham (UK), Dublin and Belfast and we have worked together to deliver organisational coaching projects in addition to developing our own Masters level coach training programme, and a highly innovative 'Manager to Leader' programme for use with middle managers and other broadly similar groups of developing leaders.

I have recently been appointed as the Association for Coaching (AC) Regional Chair for Ireland, and am part of a Team Coaching Competencies Working Party made up of representatives from the three main professional coaching bodies.

**My coaching approach and philosophy** is rooted in my experiential understanding of how systems interact with the people working in them. To enhance this, I have developed expertise in the Thinking Partnership approach (Kline), Systemic Coaching models, Immunity to Change coaching, Gestalt and Existentialist notions of meaning making and an understanding of Western's 'Soul Guide' coaching discourse to counterbalance my instinctive 'solutions focused' style. My approach to offering appropriate support and relevant challenge was honed over many years in business, culminating with my work as a senior leader in a 'Big 4' firm, and I seek to bring this approach into play when working with my clients – both individuals and teams.

### My personal values are:

- Practicing equality of thinking.
- Staying ego free.
- Thinking outside the box.
- Delivering truth without bullshit.
- Believing in those I work with.
- Remaining curious about life.



I seek to practice these values both in my work and personal life, and they form the bedrock of the psychological contract I enter into with clients, both individual and corporate.

Living these values has required me to engage in an ongoing life long learning strategy, which involves my working under supervision and to an annually reviewed CPD plan to develop my understanding of coaching theory and praxis.

### **Qualifications:**

- BA (Hons) in Moral Philosophy (Queens University Belfast)
- MA (Dist.) in Coaching Leaders through Transition and Change (University of Chester)
- PGCert in Coach Supervision (University of Chester)
- Association for Coaching (AC) accredited coach
- Fellow of the Institute of Leadership and Management (FILM)
- Diploma in Business, Executive and Personal Coaching (Coach Institute of Ireland)

### **Employment history**

- 2018- : Regional Chair of Association for Coaching in Ireland.
- 2015- : Partner, Eighty20 Focus Coaching LLP. Specialist executive and team coaches, coach trainers and leadership development consultants.
- 2011- : Director, Eighty20 Focus Limited. Executive retirement consultancy and financial coaching specialists.
- 2003-2011: Managing Director, Deloitte Pensions & Investments Limited (Ireland). Specialist advisers in corporate pensions, executive reward arrangements and investment strategies for high net worth individuals and families.
- 2001 - 2003: Managing Director, Towry Law Financial Planning (Ireland). Specialist corporate and high net worth individual financial advisers
- 1996-2001: Regional Manager (N Ireland), Towry Law Financial Planning. As above.
- 1980 - 1996: Self employed practitioner via:
  - Ian Mitchell & Company. Boutique financial advisers for high net worth individuals.
  - Various third sector consulting to several statutory and voluntary youth clubs, community outreaches and social enterprises.
- 1975-1980: South Eastern Education & Library Board, N Ireland, Detached Youth Worker working with at risk teenagers in areas of paramilitary influence and social need.



#### Professional Bodies

- 2018 – Association for Coaching (AC) Regional Chair for Ireland.

#### Other Board memberships

- 1990-1996: Board of Governors, Milltown School, Banbridge, N Ireland
- 2005-2010: Board member and Chair (2007-10), One Family, Dublin. Charity working to ensure a positive and equal future for all members of all one-parent families in Ireland
- 2012-2017: Board member DePaul Ireland. Charity supporting people who are homeless or at risk of homelessness.