

# POLLY DOWNES

LEADERSHIP TRAINER &  
EXECUTIVE COACH

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## BACKGROUND



Polly Downes is an experienced Executive Coach who coaches senior level executives from a variety of industries internationally. From individuals looking to achieve life goals or find true happiness, to large scale corporations looking to get the best out of their people, Polly ignites passion and energy into every relationship.

Polly is devoted to enabling her clients to become the best person that they can be. Honouring their ability to come up with the best answer for themselves she quickly builds trust and rapport with her clients, allowing them to explore their thoughts and their way of being; she encourages her clients to take risks, to think differently & to explore their 'whole self', not just their 'work self'.

Polly is a challenging coach which results in transformational and life changing moments for her clients. Through working with Polly, clients find clarity in their thinking, purpose and happiness. Polly believes that one of the greatest benefits of coaching is self-reflection; she builds the safe, still place for her clients to be able to to self reflect.

Before becoming a coach, Polly worked in relationship and strategic solution roles for Dow Jones Newswires and the FT.com. She stood as Vice Chair of Governors in an inner-city London school for over ten years.

Polly is a PCC accredited coach with the ICF; she is qualified to deliver EQi 2.0 & 360 psychometric, as well as Coaching Skills for Families. She is a Team and Group Coach as well as a 1:1 executive coach. Polly is Psychologies Magazine 'Coach of the Month' October 2020 and a regular panelist on Psychologies.tv weekly webinar.