



## Siân Bryant

07590 650734

[sian@springccr.co.uk](mailto:sian@springccr.co.uk)

[www.springccr.co.uk](http://www.springccr.co.uk)

**Wiltshire**  
with full UK travel

### Overview:

Sian has worked in the field of people development for over 20 years. She passionately believes in the power to change, improve & develop no matter what stage of life you are at. She works with individuals to establish high levels of trust so that she can support and challenge you to be your best self in life and encourage you to bring your 'whole self' to work when achieving your goals. She works to ensure a strong rapport & high levels of trust from the outset of the coaching relationship. The opportunity for challenge & real exploration of 'what is' then becomes possible. Sian is compassionate, insightful, supporting & challenging with a good sense of humour to match! A core part of her coaching approach is to support you in developing an ongoing practice of reflection, allowing you to self coach long after the coaching is complete.

### Coaching Examples

- Leadership style and impact on others – CEO (Health care)
- Purpose and Meaning – Medical Director (Health care)
- Influencing skills – HR Manager (Financial Services)
- Commercial skills – Head of HR (Oil and Gas)
- Work life balance – Head of Tax (Oil and Gas)
- Emotional control – Regional Director (Retail)
- Stress/Self Esteem – Customer Service Director (Motor)

### The Paperwork, Training and Memberships

- Advanced Diploma in Professional Coach Mentoring (Senior Practitioner) with the OCM, EMCC level 7. Member of the OCM Alumni
- Chartered Member of the Institute of Personnel and Development (MCIPD)
- Member of the EMCC. I work in accordance with their ethics
- My coaching practice is regularly supervised by Dr. Anna Duckworth
- Transactional Analysis 101
- MBTI, FIRO B and Emotional Intelligence Profile

### Career History:

- 2010 – Associate at Spring
- 2008 – Director of Sian Bryant Consulting Ltd
- 2006 – Senior HR Business Partner, Nationwide Building Society
- 1998 – HR consultant, Nationwide Building Society
- 1996 – Regional HR Manager (South West), Somerfield Stores
- 1986 – Personnel Manager, Marks and Spencer

### Specialisms:

Purpose and Meaning and work life balance, Leadership and Executive, Transition, Emotional Intelligence, Human Resource teams, Female leaders and executives, Self Esteem and Confidence, Resilience, Relationship Management

### Client work from mid-level to Exec:

Lloyds Banking Group, National Friendly, Rolls Royce, Wessex Local Medical Committees, Arsenal Football Club, Claire's Accessories, Talisman-Sinopec, Vodafone, Capita Symonds, Langland, Avis

### Other things you should know...

Sian lives with her husband and 2 daughters in Wiltshire. She loves cooking, yoga, pilates, being with friends and family and being out and about in the countryside. Over the last 3 years Sian has developed her own regular Mindfulness practice. She teaches the practice to members of the public at a retreat centre in Dorset. Clients that show an interest in this are extremely welcome to attend.