



# Julie Gibbons

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**Bedfordshire, England**  
with full UK & International travel

## Overview:

A practical HR & OD specialist. Passionate about potential & developing people. Direct, empathic and commercial - drawing on practical experience, coaching and OD interventions. Seeks first to understand and build trust before challenging. Supportive, encouraging and a good listener. Focused on business results, delivery and building great relationships along the way. I've been described by others as warm, open yet challenging and someone who somehow gains permission to ask the most difficult of questions and face into what others avoid.



## Coaching Experience Examples

- ✓ Team performance coaching - CEO & Senior Team (International)
- ✓ Communication & Leadership - UK MD
- ✓ Resilience & Performance - Senior Sales Manager
- ✓ Confidence & Performance management - Fundraising Director
- ✓ Wellbeing & Performance - Business Owner & Team
- ✓ SLT Strategy Facilitation - Directors & Heads of Function
- ✓ Career Change & Redeployment - Various Managers

## The Paperwork, Training & Memberships:

- MCIPD - Chartered Member of Institute of Personnel & Development
- Coaching for Organisational Consultants - HULT Ashridge
- Resilience Practitioner - Chris Johnstone
- EMCCUK member
- Yoga Teacher - Register of Exercise Professionals

## Career History:

- 2019-present Associate Coach of Spring
- 2018 Head of UK HR - Copart UK (American owned online car auctions)
- 2012 HR Business Partner - Anritsu EMEA (International role and senior UK HR lead)
- 2009 HR & Operations Manager - Harton Ltd (Civil Engineering)
- 2009-present Yoga Teacher
- 2005 HR Business Partner - Camelot Group (providers of the National Lottery)
- 2003 HR Advisor - EADS Astrium (now Airbus)
- 1999 HR Administrator - Britannia Airways (now part of TUI)

## Specialisms:

Team Performance Resilience.  
Confidence Communication.  
Leadership & Management.  
Change. Wellbeing

## International experience:

**USA** - HR OD & Team development

**Italy** - HR & Team development

**Asia** - HR Recruitment & retention

**Romania** - HR & Team development

**Czech Republic** - HR & OD

**With UK based coaching** of Slovakian,  
Czech, Italian, Finnish, Spanish  
nationalities

## Other things you should know...

Julie lives with her partner and is Mum to 3 children. A keen fitness fanatic, I love to run, walk, yoga, weight train and dance. I'm a yoga teacher and qualified personal trainer. I completely lose myself in yoga and still teach at least once a week. I have volunteered for MIND and taught yoga to pre school children (and yes, I even managed to get them to relax!) I love to travel and have made it around the world twice so far. South America is still on my hit list! I hate heights but somehow managed to do a tandem sky dive and have skied a few black runs in my time.