

# Coaching with Homeless Link

## Meet our coaches!

Ensuring a good match with your coach is important so that you can build a trusting relationship that allows for open conversations. Here is a bit more information about our coaches to help you find a coach who can support you best.



### **Amanda Tooth**

Amanda has over thirty years' experience of working in the criminal justice and homelessness field, both operationally and strategically.

#### **Specialisms:**

- **Career**
- **Communication**
- **Confidence**
- **Group/Team**
- **Leadership**
- **Life**

Amanda draws on a number of effective disciplines and many years of experience, to provide Progressive Coaching. This is a forward-looking whole-person approach which focuses on; where you are now; where you want to be or what you want to change; identifying obstacles or blocks; and supporting you to achieve your goals.

The fundamental belief that underpins Progressive Coaching is that everybody is capable of more. Progressive Coaching requires a willingness to explore, a commitment to the process, and openness to be challenged. Progressive Coaching can enable you to fulfil your potential whether your focus is personal development, professional development or leadership development.



### **Beth Coyne**

Beth has worked extensively in homelessness and related fields of mental health, criminal justice and employment services. In more than 20 years she has worked in a range of services and settings, including in senior leadership.

#### **Specialisms:**

- **Career**
- **Communication**
- **Confidence**
- **Executive/Board**
- **Group/Team**
- **Leadership**
- **Life**

She brings acute understanding of the issues of homelessness and the challenges of working in the sector, combined with coaching techniques to elicit solutions and support coachees to achieve their goals.

She is trained in Transformational Coaching: a humanistic approach that works at the level of beliefs, values, identity and purpose to create lasting and meaningful change.



### **Carmen Clarke**

Carmen brings varied professional and life experience, understanding and curiosity to her coaching practice: from roles in business and social justice sectors, to senior leadership as founding director of an independent advocacy service for refugees and people seeking asylum who have been trafficked.

#### **Specialisms:**

- **Communication**
- **Confidence**
- **Executive**
- **Inclusive**
- **Leadership**

Carmen believes that coaching is built on trust and mutual respect. Her approach is holistic with cultural and spiritual sensitivity; support and challenge; an understanding of the impact of trauma (professional and personal); and of how intersectional identities can affect opportunities and mindsets. You can expect her to listen well as you work together using various coaching methods to help explore your reality and possibilities, bring fresh insights and perspective, and find your way forward. Systemic change is vital for an equitable society, and Carmen is passionate about coaching people from diverse backgrounds to support development, progression and influence towards real change.



### **Daniela Corallo**

Daniela is a Learning and Development practitioner and a coach with a passion for helping clients reach their full potential. Her interest stems from experiencing the power of coaching on herself and the transformation that followed guided Daniela to pursue a career in coaching that aligns to her desire to support people.

#### **Specialisms:**

- **Career**
- **Confidence**
- **Group**
- **Leadership**
- **Life**
- **Menopause**
- **New Parent**

An area Daniela is particularly passionate about is supporting women through work and life transitions: from becoming a new parent or approaching menopause, getting a promotion, or when no longer inspired in their career.

Her clients praise her ability to hold the space for them, create a trusted environment and maintain an open and curious mindset. Daniela sees coaching as a gift: in today's hectic lives, having a coach's undivided attention, feel truly heard and safely challenged is a powerful gift of self-care.

Daniela has two teenage daughters who keep her on her toes. Outside of work and home, she loves looking after her physical and mental health by swimming, running and cycling.



### Emma Ulysses

With a background in the charity sector for over a decade and as a service manager for staff mental health and wellbeing for over 6 years in an extremely busy NHS, Emma understands how it feels to lead in challenging professional environments.

#### Specialisms:

- **Communication**
- **Confidence**
- **Leadership**
- **Life**

Emma is a facilitator in the Healthcare Leadership Model, providing 360-degree coaching for senior leaders across the NHS. She also offered leadership coaching to senior leaders within the hospital she worked in, who wanted to learn tools to manage their work pressures as well as the needs of a large diverse team.

Emma's coaching style is solution focused ensuring clarity of the issue the coachee would like to work on, using the Co Active coaching model where both parties collaborate on the coaching partnership and on the coachee getting the results that will benefit them.



### Fran Borg-Wheeler

As a former charity CEO, Fran is a strong believer in the transformational power of leadership coaching for third sector leaders and managers. The homelessness sector has a special place in her heart having volunteered for Crisis and the DePaul Trust during her uni days.

#### Specialisms:

- **Communication**
- **Confidence**
- **Executive/ Board**
- **Leadership**

Clients have described Fran's coaching style as "empathic and supportive" as well as incorporating "kind challenge and accountability."

Via her business, Heart-Centred Leaders, Fran focuses on two key objectives: supporting charity leaders to a) boost their impact and b) thrive- whether she is coaching or mentoring; delivering leadership courses or managers workshops, these are her core aims.



### Joanna Roberts

Joanna brings over 30 years of experience working as a lawyer, commissioner and leader in the public and third sector in a range of areas including homelessness and youth services.

### Specialisms:

- **Career**
- **Communication**
- **Confidence**
- **Executive**
- **Group/Team**
- **Leadership**



### Specialisms:

- **Business**
- **Career**
- **Communication**
- **Confidence**
- **Executive/ Board**
- **Health and wellbeing**
- **Leadership**
- **Life**

She is an ICF-accredited coach (ACC) offering career and leadership coaching, reflective practice facilitation and training. Her coaching is a reflective and creative process that helps you clarify what matters most and achieve the changes you want to make: for yourself, your team and beyond. She listens carefully, asks searching questions and challenges you where it's helpful.

You are likely to spend some time exploring your feelings, fears and desires, as well as the wider system around you, in order to help you to fulfil your potential and take action. She uses a blend of approaches and is particularly influenced by Acceptance and Commitment Therapy (ACT).

### Julia Brown

Julia is a clinician by background with more than 40 years' experience in leading, developing and coaching multi-disciplinary teams and individuals across health, social care, charitable and business sectors. She is currently CEO (part-time) at Brandon Centre, an established, inspirational charity supporting young people's mental health & wellbeing.

Julia takes a holistic approach to coaching that helps individuals/teams with achievable solutions that lead to long-lasting change and happier, more fulfilled life. Whatever individual's or team's goals are, she works with her coachees towards them together. And if people are unsure what they are yet, she supports them in clarifying their goals.

By reflecting on an individuals' or a team's successes and looking to the future together, she will find new perspectives that help lift people and teams from feeling stuck, or stressed, or overwhelmed to a place of wellbeing and fulfilment. She has significant experience in working with a range of vulnerable people and teams, supporting them to take positive and timely steps during very challenging situations.

Julia is passionate about meaningful, coaching and leadership development with the positive impact it has for individuals, teams, organisations, and wider systems.



### **Katie Duckworth**

Katie has been described as an “infectiously enthusiastic” coach, trainer and workshop leader and has worked in the non-profit sector for over 30 years.

Katie loves helping purpose-driven leaders to thrive in their roles - however tough the issues being faced day-to-day. She supports them to find that elusive ‘sweet spot’ between going all out to create positive change in the world and loving their work, enabling their teams to thrive and do their very best work, too.

Katie’s approach is challenging, forward-thinking, playful and deeply compassionate. Katie has helped leaders and their teams in local, national and global charities and non-profit organisations see their working lives transform and their impact multiply.

#### **Specialisms:**

- **Career**
- **Confidence**
- **Executive**
- **Leadership**



### **Malcolm Smith**

After spending 18 years working in the voluntary sector Malcolm stepped out of leading charities to become a full time coach. A youth worker by profession, Malcolm spent 8 years working within and leading charities which engage with young people in the community and through supported accommodation always seeking ways to encourage them to be the best version of themselves, despite barriers that had been put in their way.

As a Coach, Malcolm now uses his skills to actively listen to individuals, from solicitors to support workers, small business owners and charity leaders to help them identify the answers to their own questions, agree solutions and then provide accountability.

Away from life coaching Malcolm is an active triathlete, marathon runner and sports coach all of which help to give him a drive and focus to continuously learn in order be the best he can be.

#### **Specialisms:**

- **Business**
- **Executive**
- **Group/Team**
- **Leadership**
- **Life**



### **Mike Findlay**

Mike is a Transformational Coach offering support to people in their work and personal lives.

Mike has had a twenty-year career in Communications, working in both Scotland and London across a number of sectors including health, social justice and education.

Mike qualified with his Diploma in Transformational Coaching in 2020 with the Animas Centre in London. Since then, he has set up my own coaching business (outside of his day role) and has worked with clients across a range of work and personal development challenges. He brings in his leadership skills and experience into his coaching practice and many of his clients are in leadership roles within the third sector.

#### **Specialisms:**

- **Career**
- **Communication**
- **Leadership**
- **Life**



### **Milla Gregor**

Milla has worked in the voluntary sector since 2003, experiencing the joys of this work, and its burnout-inducing challenges. She specialises in research, evaluation and wellbeing.

Working within charities she noticed people getting worn out, stressed and into strange conflicts. At times she felt flat and disengaged, despite caring deeply. It was so confusing! Taking care of ourselves and colleagues can get pushed aside by targets, funding and instability. She started to explore practices including constructive conflict, counselling, meditation and movement, as well as examining the systems that exert undue pressure. Slowly she found a way into working more sustainably.

She now supports others to find good ways forward through embodied coaching, which treats the body as an integral part of who we are. This can open up vast untapped resources of sensitivity, intelligence and creativity through simple practices such as moving, tuning in to your body and exploring physical experience.

#### **Specialisms:**

- **Career**
- **Communication**
- **Confidence**
- **Embodied coaching**
- **Leadership**
- **Life**





### **Petra Salva**

Petra is a dedicated professional with over 28 years' experience of managing large scale teams and projects aimed at tackling rough sleeping and homelessness.

As an accredited Strategic Intervention Coach she is passionate about empowering individuals and teams to achieve results and transform themselves and the world around them.

She brings a wealth of sector experience and specialises in Leadership coaching.

#### **Specialisms:**

- **Confidence**
- **Leadership**
- **Life**



### **Sonali Kumarakulasinghe**

Sonali is a Leadership Coach with over 20 years' HR, organisation development and governance experience, including in telecoms, pharmaceuticals, and not-for-profit organisations. She is also a Consultant and Facilitator, a Charity Trustee, and a Mentor.

Her coaching style is informal, focused and appreciative, and she draws on varied approaches to meet each individual client's needs, including Solution Focused, Emotional Culture, and Strengths.

Sonali is passionate about supporting leaders to have better conversations so that results are delivered with courage, empathy and trust.

Her key areas of expertise are:

- 1) supporting leaders and teams to co-create culture change,
- 2) developing leadership and management capabilities, and
- 3) enabling employee engagement and voice.

The change experienced by Sonali's coaching clients includes increased confidence, new patterns of behaviour, improved working relationships, the ability to deal with challenging situations, and increased individual and team accountability.

#### **Specialisms:**

- **Career**
- **Communication**
- **Confidence**
- **Executive/Board**
- **Group/Team**
- **Leadership**



### Steph Papapavlou

Steph is a mediator, trainer, coach and facilitator specialising in communication and conflict management. The conflict in our lives - whether internal or interpersonal - can be a powerful source of growth when approached with curiosity.

#### Specialisms:

- **Communication**
- **Confidence**
- **Conflict**
- **Group**
- **Leadership**
- **Life**

She has over 20 years of experience in leadership, senior management, line management, programme management, programme design and trusteeship.

Ultimately though, her role as a coach is to support you to find your way to gain the outcome that you want. She will hold a process with questions, conversations and learning to bring potential solutions to light and enable your decision making.

She approaches all of her work using three principles - curiosity, creativity and confidence. You will be curious about the issue and why it's the subject of your work together. You will get creative with the potential outcomes and solutions, and then you will ensure that you have the confidence needed to take your next steps.



### Steve Sylvan

"Hi! I'm a person-centred coach. I believe that we each hold the answers to what makes us feel 'stuck'. As a coach I can help facilitate and support the exploration of that stuckness.

I am really good at building relationships with people, people warm to me very quickly. I'm not particularly formal. I will challenge where appropriate and offer a reflective, safe space when needed.

I've been coaching children to Chief Executives for over ten years now. I specialise in homelessness and neurodiversity and have a passion for well-being in the outdoors."

#### Specialisms:

- **Career**
- **Communication**
- **Confidence**
- **Executive**
- **Group/Team**
- **Leadership**
- **Life**





### **Sue Orwin**

As well as her business and management credentials, Sue is a Neuro-linguistic Programming Master Practitioner, Hypnotherapist, Timeline Therapist™ and Youth Mental Health First Aid Instructor.

#### **Specialisms:**

- **Career**
- **Communication**
- **Confidence**
- **Life**

Following a career as a professional dancer, Sue has 20+years management experience including running two youth development charities, and as a change manager for 9 years in a large local authority.

Sue coaches people from all walks of life, assisting clients as “whole people” to make positive change, finding their own best answers to overcome issues and achieve meaningful goals.

In management and leadership, Sue is aware you can feel exposed as you tackle issues such as: culture; values, vision, and direction. Coaching helps you to explore your thinking and assumptions in a safe place where you will receive both support and challenge.

Change feels uncomfortable, so trust is crucial. Sue offers a bespoke, transformational coaching experience that is; safe, non-judgemental, trauma informed, compassionate and effective.



### **Syane Findlay**

Syane has a passion to support and empower organisations, teams, and individuals to experience positive transformation and achieve goals through mindset and behaviour change.

#### **Specialisms:**

- **Career**
- **Communication**
- **Confidence**
- **Executive**
- **Group/Team**
- **Leadership**
- **Life**

Her coaching skills were developed whilst employed as a coach for two homelessness organisations where she utilised various coaching tools, NLP and CBT techniques to assist clients to overcome challenges, increase their confidence, emotional intelligence and achieve their personal and professional goals.

In 2014 she became an independent consultant and has since facilitated numerous group and 1:1 coaching/training sessions in the UK and internationally for a range of people from apprentices to c-suite, working across the public, private, corporate and third sector.



### Tanya English

Tanya brings 20 years of third sector leadership experience - including over a decade within homelessness, as an Executive Director leading on Fundraising, Communications and Policy at St Mungo's. She's worked across service provision, policy, fundraising, communications and campaigning - for organisations small and large. She has substantial experience of Boards, line management and team building. Most recently she spent 5 years as a transformative Chair for Anti-Slavery International.

#### Specialisms:

- **Career**
- **Communication**
- **Confidence**
- **Executive/Board**
- **Group**
- **Life**

Tanya is informed by a pioneering professional qualification from UEL. We all have different outlooks on life and different work challenges. Integrating from a suite of proven coaching theories and methods means she can find approaches to suit you.

As a qualified counsellor, Tanya can confidently explore any issues holding you back. Naturally empathetic, Tanya enjoys working with clients from a wide range of job, ethnic, gender, sexuality, (and mental health) backgrounds.

If you'd like to be matched with a specific coach from the list above, please let us know. Alternatively, we're happy to help you find the right match. **For more information, please contact Lucy Horitz at [lucy.horitz@homelesslink.org.uk](mailto:lucy.horitz@homelesslink.org.uk)**