

Speaker Biographies

Mark Adams

Mark is a Chartered Psychologist with seventeen years' experience of working in education as a Teacher, Educational Psychologist, and Coaching Psychologist. He is the Director of Adams Psychology Services, Bristol, providing consultation, coaching and training services to education settings and practitioners, while also supporting others to develop proficiency in coaching skills.

Mark is passionate about applying psychology to support others to learn, achieve, and develop, and has accumulated over 600 hours of direct coaching time with individuals and teams. He is also an experienced trainer, with experience of working internationally. Mark is the author of *Coaching Psychology in Schools*, published by Routledge in November 2015.

Wendy Lawrence

Wendy is a Chartered Psychologist, a member of the British Psychological Society and the European Health Psychology Society, and HCPC-registered. She is on the BPS Division of Health Psychology's committee and is their representative on the BPS Workforce Planning Advisers Standing Committee.

Wendy works for the MRC Lifecourse Epidemiology Unit, University of Southampton and in recent years has led the development and delivery of a training intervention, "Healthy Conversation Skills", to front-line practitioners to enable them to better support people to make sustainable behaviour changes. The training has since been commissioned by other agencies both locally and internationally to support workforce development and improvements in population health. It is being used as the mechanism of delivery of Health Education England's work to meet the UK government's Making Every Contact Count agenda, which is now part of all NHS contracts, with Wendy acting as consultant and advisor to Health Education Wessex and Public Health England.

Evaluating the impact of "Healthy Conversation Skills" in different contexts and populations is a key focus of Wendy's current work. Funded by the New Zealand Ministry of Health, she has supported the delivery, roll-out and evaluation of the training across New Zealand to their maternal and child health workforce; she has also trained fieldworkers and researchers in South Africa and Canada. She is currently working on the NHS Healthy Workforce Project being piloted at University Hospital Southampton NHS Foundation Trust, seeking to improve the health and well-being of NHS staff.

Jennifer Liston-Smith

Jennifer has been working with leading employers to help retain the talents of working parents since first suggesting the words “maternity” and “coaching” should go together, back in the early 2000s.

She works as Director, Head of Coaching & Consultancy, with My Family Care, leading provider of employer solutions for combining work and family, where she built and leads the Coaching and Consultancy side of the business.

My Family Care partners with many of the most forward-thinking large employers in sectors such as global professional and financial services, science, engineering and technology, fast-moving consumer goods and multinationals in other sectors. Before becoming known as a pioneer of maternity and paternity coaching, Jennifer had 15 years’ experience in learning & development, designing and delivering coaching, mentoring, internal coach development, management development and consultancy projects for major employers.

Jennifer’s work is covered in the national and industry press as well as frequent conference speaking & writing. She is on the Editorial Board of Coaching at Work Magazine. Jennifer started out with an Oxford University Masters in Law and MSc in Experimental Psychology followed by a number of coaching qualifications and a Post-Graduate Certificate in Coaching & Mentoring Supervision with Distinction at Oxford Brookes Business School.

Siobhain O’Riordan

Dr Siobhain O’Riordan is a chartered psychologist, a chartered scientist and Fellow of the Royal Society for the encouragement of Arts, Manufactures and Commerce. She is an Accredited Member and Supervisor of the International Society for Coaching Psychology, a Principal Practitioner Member of the Association of Business Psychologists and a member of International Stress Management Association^{UK}, the Association for Coaching and the Institute of Health Promotion & Education.

Siobhain is also an experienced trainer, examiner and supervisor on graduate/postgraduate coaching and coaching psychology programmes. She is a trainer and course co-director on the stress management and coaching programmes at the Centre for Coaching and Centre for Stress Management. Siobhain is Chair of the International Society for Coaching Psychology and was Chair of the British Psychological Society’s Special Group in Coaching Psychology (BPS SGCP) in 2006-7. In 2010 she received the BPS SGCP’s Distinguished Contribution to Coaching Psychology Award. Currently, Siobhain is Honorary Editor of Coaching Psychology International. In 2015, she retired as Editor of The Coaching Psychologist as well as the International Journal of Health Promotion and Education. Outside of her professional activities, Siobhain keeps busy and enjoys spending as much time as possible with her horses, dogs and family.

Stephen Palmer

Professor Stephen Palmer PhD is a Chartered Psychologist and an ISCP Accredited Coaching Psychologist and Supervisor and Director of the Centre for Coaching, London. He is President of the International Society for Coaching Psychology, President and Honorary Fellow of the International Stress Management Association (UK) and Vice President of the Institute for Health Promotion and Education, former President and Honorary Fellow of the Association for Coaching. He is Co-Editor of *International Coaching Psychology Review*, former editor and now Consulting Editor of *Editor of the International Journal of Health Promotion & Education*. He has written/edited 47 books including the *Handbook of Coaching Psychology* (with Whybrow) and in 2016 he co-edited six academic books on stress, resilience and wellbeing (with Gyllensten). His other posts include being visiting Professor of Work Based Learning and Stress Management at the Institute of Work Based Learning, Middlesex University; Adjunct Professor of Coaching Psychology at the Coaching Psychology Research Unit, Department of Communication and Psychology, Aalborg University, Denmark; Director of the Coaching Psychology Unit, City University London; Honorary Director of the Coaching Psychology Unit at the Federal University of Rio de Janeiro (UFRJ), Brazil, and a Vice President and Founder Director of the Society for Dialectical Behaviour Therapy. He supervises PhD and DPsych doctorate students at City University London.

Sheila Panchal

Sheila is an occupational psychologist with 15 years of experience working across a range of sectors, including investment banking, professional services and local government.

Her experience spans organizational, team and individual levels. She has been involved in large-scale change programmes, leadership development initiatives and team coaching. A key focus for her is how to support individuals' wellbeing in organizational settings. Her main area of interest involves working with individuals to negotiate significant transitions, such as becoming a parent, moving to a new country or taking on a new role. In this capacity she has worked with both senior and rising talent.

She has written on this subject and has contributed to two publications 'Turning 30: How to get the life you really want' with Ellen Jackson and 'Developmental Coaching: Life Transitions and Generational Perspectives' with Professor Stephen Palmer.

Sheila has a BSc (Hons) in Psychology from Leeds University, and a MSc in Occupational and Organisational Psychology from UMIST. She also holds a Professional Development Certificate in Coaching Psychology from the University of Sydney, and is a Director of the International Society for Coaching Psychology.

Michelle Pritchard

Michelle Pritchard, MSc (Dist.), BSc (Hons) is the founder of Find Your Spark (Social Enterprise) Limited. She is a positive youth coaching psychologist who is passionate about supporting young people and helping them to reach their full potential.

Michelle has a BSc (Hons) Degree in Psychology from Warwick University and an MSc (Dist.) in Coaching Psychology from the University of East London as well as eleven years' experience of coaching, mentoring and delivering inspiring talks to young people. Michelle is especially interested in the issues that at-risk young people face and how early intervention using coaching and positive psychology can prevent further problems from developing.

Her Master's thesis research looked at what the perceptual life changes were for at-risk young people following participating in a coaching and positive psychology programme. Outcomes found were the ability to control emotions and reactions, increased experience of positive emotions and thoughts and the identification of purpose and meaning to life. This was published in the International Coaching Psychology Review in March 2016. She plans on replicating this research across London and Essex.

Zsófia Anna Utry

Zsófia Anna Utry studied psychology and coaching psychology in the UK and has been involved in the development of the pluralistic approach to coaching with Stephen Palmer, Mick Cooper and John McLeod since 2014. As a result of their collaboration their theoretical article 'A pluralistic approach to coaching' was published in The Coaching Psychologist in 2015. They have also written a chapter on the approach for the next edition of the Handbook of Coaching Psychology, edited by Stephen Palmer and Alison Whybrow.

She is an Honorary VP of ISCP representing the Hungarian Association for Coaching Psychology. She leads the HACP's research group, where they are interested in adapting the adjudicational case study method from therapy to build credible and useful coaching knowledge. Their goal is to help practitioners to monitor their cases systematically and to assess their work in a supportive team environment. They also share accessible and reliable knowledge about coaching and coaching psychology with the Hungarian public. In her own practice, she coaches people with career and professional development goals and applies the pluralistic approach.