



Kate Matrunola

Supports the resilience, determination and focus leaders need

Overview

Kate has more than 20 years' experience working in political media relations and corporate communications, including holding the role of Global Head of Communications for one of the world's largest multinationals. This has given her a firm understanding of the resilience, determination and focus needed to succeed in highly pressurised workplaces – as well as learning how to overcome challenges, foster resilience and to thrive instead of merely survive in often challenging environments.

She is now an accredited coach, specialising in working with senior executives and their wider teams. This combines her natural instinct to help, support and motivate people with her decades of senior leadership experience in problem solving, managing large teams and engaging and motivating employees – especially during periods of change.

Location

UK

Languages

English

Specialties

Executive coaching, team coaching, engagement, change, leadership and team development, cross-cultural awareness, communications, executive presence, resilience.

Clients

Kate works with clients from start-ups to SMEs to multi-nationals in industries as diverse as engineering, financial services, healthcare, media, professional services and telecoms.

Training & Qualifications

- Diploma in Professional Coaching Practice (accredited by International Coaching Federation)
- Certificate in Team Coaching (accredited by International Coaching Federation)
- Certificate in Mindfulness & Meditation for Coaches (accredited by International Coaching Federation)
- BA in English Literature (University of Wales, Cardiff, UK)