



Katie Mayers

Practical, reflective, and unafraid to challenge

Overview

Katie is a leadership coach and facilitator with over 20 years of experience in strategic communication, leadership, and senior roles across the public and not-for-profit sectors. She has advised CEOs, senior executives, elected members, and boards, developing a deep understanding of leadership, influence, decision-making, and communication under pressure.

Her coaching supports leaders in building confidence, resilience, self-awareness, and clarity, enabling them to lead effectively in complex and changing environments. She creates reflective and appropriately challenging coaching spaces that help leaders surface blind spots and turn insight into purposeful action. Katie brings a calm, grounded, and practical approach to supporting emerging and established leaders through change, complexity, and growth.

Location

UK

Languages

English

Specialties

Emotional intelligence and resilience, authentic leadership, strategic communication and stakeholder engagement, behaviour change, organisational change and culture development, team collaboration and facilitation.

Clients

Katie has worked with leaders and organisations across the public and not-for-profit sectors, as well as global corporations. Her experience includes coaching managers, senior executives, CEOs, elected members, boards, and emerging leaders, as well as designing and delivering leadership development programs and workshops for senior leaders internationally.

Training & Qualifications

- BA (Hons) in marketing, Southampton Institute, UK
- Personal and business coaching (ICF Level 2), Barefoot Coaching
- The art of developmental coaching, Coaches Rising
- Coach mentoring program, Laid Bare Company
- Hoffman Process, Hoffman Institute
- Positive psychology for coaches, Annie Lee Associates
- Group facilitation methods, ICA: UK
- Aspirant chief executive program, Penna
- LG Comms Future Leaders Program, LG Comms