

# Juliette Lee

coach. speaker. poet



## AT A GLANCE

### Education and Training

- The Coaches Training Institute
- Vipassana (insight) meditation practitioner
- Neuro-Linguistic Programming practitioner
- Myers-Briggs Type Indicator practitioner
- Postgraduate Diploma in Psychology
- BEng (Hon's) 2.1 Chemical Engineering
- Postgraduate Diploma in Marketing

### Professional Memberships

- Association for Coaching
- Scottish Writers Centre

### Interesting Stuff

- 'Road to Damascus' experience in 1999
- Annual silent 10-day meditation retreat since 2012
- Published poet and spoken word artist
- Sung with York City Gospel Choir
- Run five half marathons
- Learned to ride horses at 28
- Past Chair of GreenFerry environmental charity
- Working-class Glaswegian background



*"Gestamp Chassis Business Unit was formed as part of a global company restructure, creating cultural and functional challenges in our ways of working. Juliette's leadership programme enabled us to meet these challenges and develop our key personnel. Her unique style of interactive learning opened our minds to embrace a more collaborative approach; inspiring, challenging and encouraging each other."*

#### Kevin Potter, Gestamp, BU Programme Management

*"Unravels issues, thoughts and emotions that have been locked away for years. Juliette truly cares and puts everything into it. I have been fortunate to spend time in her presence."*

#### Adam Harris, Vistage Group Chairman

*"Juliette leads you to answer your own questions in a way that is truly inspirational. She has gained the trust of our senior management team, coaching them to become the leaders they really want to be."*

#### Cath Anderson, HR Director, Grass Valley

*"Juliette is a truly exceptional coach. Both my team members and peers have seen a dramatic difference in how I deal with different situations and individuals. After 20 years in industry, she is the first person in any walk of life that I have recommended without hesitation."*

#### John Mc Hale, Business Senior Manager, Tata Steel

## BACKGROUND

Juliette is an executive coach, facilitator, podcaster and published poet providing development programmes to senior leaders and their teams since 2002. She is an award-winning speaker for the leading chief executive organisation, Vistage. In the past decade, she has designed and delivered over 70 retreats challenging the hearts and minds of over 500 CEO's across the UK.

She is an accredited coach trained by the Coach Training Institute in San Francisco, and a qualified NLP and MBTI practitioner, with over 4500 hours of coaching experience.

Juliette's approach is inspiring and challenging. She has strong insight and gets straight to the heart of an issue. Critically, she has the empathy and compassion to help others embrace what can often be difficult messages about their own personal leadership style and behaviours and become the best version of themselves.

Juliette has written a daily journal for over twenty years working with her own dream material, and practised vipassana (insight) meditation since 2012, attending a 10-day silent retreat each year.

A former chemical engineer with a decade of experience at senior management level with chemicals giant ICI, her international career has included process design, production management, sales and marketing, corporate communications and business management.

## AREAS OF EXPERTISE

- Building personal impact and presence
- Developing more conscious, inner leadership
- Increasing self-awareness and emotional intelligence
- Situational development to enhance performance
- Creating purpose-driven culture
- Developing female leaders in industry
- Facilitating deep dive executive retreats

## METHODOLOGY

Juliette's holistic approach develops greater personal autonomy, accelerates deep change and brings more fulfilment and success to your life and work. There is an emphasis on making the unconscious conscious through shadow, dream work, energy psychology and meditation.