

## PROFILE

### Joe Cohen

#### Associate



#### Personal statement

I specialise in coaching at a psychological depth to improve performance of individuals and organisations. My approach to coaching is underpinned by models grounded in established adult learning and psychological frameworks. I strive to build rapport with every client and from a place of trust and collaboration; we establish the strengths required for achieving and exceeding the coaching goals.

As a youth I played football to a county and regional level. Over an eleven-year period I had nine knee operations that curtailed any serious sporting ambitions. In that time I developed mental toughness and resilience. The experience was a central source of inspiration to becoming a coach. I have a positive outlook, which is a clear influence to my coaching style.

I work across corporate and civil service sectors. I support clients in developing levels of self-awareness for improved decision-making and greater performance.

#### Client feedback

"Joe and I have worked together for over 6 years and have known each other for over 20. He's a fabulous sounding board, a great listener and an insightful coach. A great man to have on speed-dial."

**Rupert Pick, Co-Founder, Hot Pickle & Working For Good**

"Joe's commitment to an individual approach has enabled the building of rapport and trust with civil servants, which is difficult to achieve in such a sensitive and discreet environment. Joe has an ability to find people 'where they are' and to encourage and inspire self-reflection that ultimately supports our teams to mitigate their experience of stress and encourage development."

**Dr Isabel Roberts, Managing Director, Prompt UK**

#### Background

- 6 years Senior Commercial Manager at Arsenal FC
- 8+ years Performance coaching for senior intelligence officers within the Civil Service
- 6 years Senior Consultant & Coach at Hot Pickle. Coaching to company directors and senior management
- BA Hons 2:1 followed by a Master of Arts in Psychological Coaching from the Metanoia Institute
- 2.5 years Mentoring vulnerable children, coaching to young adults within the 'School of confidence'
- Facilitated delivery of 'Boost' across five Buzz clubs in the UK. Supporting staff through change
- MA research project – Contribution of visualisation toward optimal experience in the coaching relationship

#### Areas of expertise

- Coaching for performance
- Stress management and developing resilience
- Leadership development and impact
- BPS registered practitioner of psychometric and psychological assessments (Level A & B)
- Facilitating personal and organisational change
- Coaching at a psychological depth

#### Clients include

Civil Service – HMRC, Foreign Office  
Retail/consumer - Buzz Bingo  
Travel/Leisure - World Club Travel  
Legal/Professional services - Taylor Wessing LLP  
Marketing – Hot Pickle