

“An inspirational and motivational coach with huge experience in leadership and personal development, I would recommend Rob to anybody who wants or needs to go to the next level!”

Harry Kendlbacher MD Europe Bay Group Int.



Rob Griffiths

Location: United Kingdom.

Languages: English.

All the expertise: Coach, Facilitator, Trainer

My best story

“That little voice in my head said...well at least your day can't get any worse!...at that point the phone rang...note to self, your little voice does not always know what he is talking about...”

Overview

Rob is a performance psychologist who works as a trusted executive coach and facilitator for business leaders at senior levels. He's also had the good fortune to work with high performance athletes for the past 25 years. He specialises in the design and delivery of high impact leadership and management programmes.

Areas of Expertise

- Leadership development
- Performance development
- Change management
- Designing and facilitating brain-friendly leadership programmes

Licence to Practice

After graduating with a degree in psychology, Rob pursued a successful professional sporting career in Squash on the world circuit. Following his retirement from the game, Rob developed a career as a senior manager within the Leisure industry, working in both public and private sectors.

- BSc in Sports Studies and Psychology
- MSc in Executive Coaching.
- Qualified MBTI, TMSDI, Belbin, SDI, L360, OOP and AQR MT48 psychometrics
- NLP Master Practitioner
- British Triathlon Level 3 coach and part of the British Triathlon Coach Mentor facilitation team.

Satisfied clients, include

JP Morgan, The Home Retail Group, The Peverel Group, NCP, Fitness First, Historic Royal Palaces, Condor Ferries, British Airways, SLM Ltd, East Dorset District Council, Novartis and Unilever.

Three words that describe me

Calm | Determined | Resilient