

“The best developmental experience I’ve ever had. I’ve come away with a clear sense of purpose, enhanced creativity and heightened energy.”

Principle Lecturer, Business School.



Sally Bogle

Location: United Kingdom.

Languages: English.

All the expertise: Facilitator, Coach.

My best story

“To be honest, the 3 inches of all-round body-padding, pink latex leggings and white stilettos were the easy bits...”

Overview

Sally Bogle is a facilitator and coach, with a strong belief in the power of relationship and dialogue to create change. A mindfulness practitioner and former actor, Sally works with presence, creativity and spontaneity to help individuals, teams and organisations to find their own.

Areas of Expertise

- Executive coaching
- Mindfulness
- Change management
- Presentation skills
- Professional transitions
- Resilience and well-being
- Action inquiry

Licence to Practice

Sally developed her facilitation and coaching skills through 9 years in the Learning & Development team at UNITE Students, culminating in the role of L&D Director. She is co-founder of The Mindful Life, a registered charity that offers mindfulness practices to those who might really benefit from it and can't otherwise access it – eg. Carers (both professional and family), people with chronic illness.

- MSc in Coaching & Development, Portsmouth University and has studied with the Institute of Group Analysis.
- MSc in Organisational Development (Gestalt & Complexity Perspective)
- Qualified in the use of MBTI
- Member of the European Mentoring & Coaching Council

Satisfied clients, include

BP, Whitbread, Novartis, Urbanest, Orchard & Shipman, Von Essen Consulting and Occam, NHS, Somerset County Council, The Poppy Factory and Age UK.

Three words that describe me

Calm | Present | Insightful