

Personal and Professional Profile

Qualifications

Professional Co-active Coach, Master of NLP, Hypnosis and Time-line Therapy, Advanced Reconnective Healer, and CBT Practitioner. I also hold a First Class Honours degree in English Literature, and a Post-Graduate Certificate in Education.

Professional profile

I've been working professionally in the arena of personal development for over 14 years. However I was initially trained as a Psychiatric nurse (RMN), before crossing over into education where I worked for over 25 years, the last 17 of which were in various senior leadership and/or consultancy positions. I always had a particular interest in developing individual staff and staff teams.

In 2010 I founded *The Brilliance Pool*, an organisation which provided high quality personal coaching for men and women over the age of 50 who wanted to 'start again', either professionally or personally.

Increasingly I found that it was relationships that were at the heart of most of my clients' yearning for fulfilment, and eventually chose to specialise in this aspect of personal transformation.

I now help men and women successfully navigate their journey through separation and divorce. I use my experience and skills to enable them to deal effectively and fully with the various issues that arise, in order to build for themselves a new life that's both authentic and deeply satisfying.

Personal Profile

Writing has, since childhood, been one of my chief creative and therapeutic outlets. I must have written millions of words over the years! I also play the guitar and sing/write songs. (I'm an absolute legend in my own front room 😊)

My first book *Prodigal Songs* (available on Amazon, Waterstones etc.) includes autobiographical material, alongside poetry, essays and song-lyrics.

Although a Manxman by birth, I've lived in Hampshire, Kent, Sussex and Hertfordshire before moving more recently to the Cotswolds where I live with

my partner Yael Hochenberg, her two fine sons, and Monty the Border Collie. My three wonderful, beautiful, properly grown-up daughters from my first marriage continue to fill me with pride and awe.

I love being in the great outdoors, especially mountain landscapes, the wild sea, and all the beauty and drama of the natural world.

Underpinning all my endeavours has been the persistent voice of self-enquiry. This has promoted an active spiritual life which has found its greatest satisfaction in the practices and principles of Sufism.