



Helen Brooks

Senior Associate

Psychological Empowerment Coach

Keynote Speaker

Facilitator

Helen is an experienced and accredited executive coach working with individuals and teams globally to help them maximise their potential.

With over 25 years' experience as a management consultant, Helen Brooks has worked as a trusted advisor to senior clients on their most complex challenges. She works globally across a range of industries and sectors including finance, media, FMCG, government, transport and the third sector.

To this experience she adds strong knowledge of psychological theory and interventions. As part of her MSc in Coaching and Positive Psychology she conducted research into impostor syndrome in management consultants – looking at triggers, coping strategies and role of the organisation. She has spoken globally to a range of professional audiences to raise awareness and understanding of this pervasive topic.

An effective and constructive mindset is a key enabler of successful business development. Impostor syndrome, perfectionism, fear of failure and a deficit-based outlook can inhibit us from developing our skills and achieving our potential. Helen helps clients to understand the role of mindset, build self-awareness and developed simple strategies to move forward effectively.

Qualifications and Accreditations

- European Mentoring and Coaching Council (EMCC) Accredited Practitioner
- Graduate member British Psychological Society (GMBPsS)
- Gallup Certified Strengths Coach
- MBTI (Myers-Briggs) Certified Practitioner
- Global Leadership Wellbeing Survey (GLWS) accreditation
- Coach Practitioner, TPC Leadership Academy
- Mental Health First Aider
- MSc Applied Positive Psychology and Coaching Psychology (Distinction), University of East London
- Professional Certificate, Positive Psychology (H1/1st class), University of Melbourne
- BA (Joint Hons) Psychology and Sociology, University of Nottingham, UK