

Michele Yeomans

Background:

I help individuals and businesses get clarity. Clarity on who they are, what is holding them back and in understanding their true and fullest potential. We then work together to embrace, step into and live that full potential.

I work with you to create your personal success strategies for career, business and life. It starts with understanding your unique operating system which is the key foundation that allows you to safely go the distance. The deeper the foundation is and the more clarity you have around it, the higher you are able to climb. This method ensures you are aligned, fulfilled and inspired as you continue to move forward.



Achieving your goals does not necessarily make you fulfilled. Understanding who you are at your core and then designing your life, goals and work around this will. Get the foundations right, and everything else falls into place.

I work holistically, practically and systematically which ensures effective results, giving you knowledge and skills to deal with any future issues that may arise.

I am primarily a business and life strategist, who wears the many hats of entrepreneur, mentor, coach, educator, author and public speaker. I am the co-founder of 2 companies, The High Frequency Way and Conscious Business Community, both dedicated to training, coaching and mentoring towards achieving authenticity and flow in your personal life, career or business. I have and continue to develop my own unique programmes, that are a combination of my professional achievements and personal insights. My innate ability is to quickly assess situations by seeing the bigger picture, identify problems and provide unique solutions that ensure ultimate flow in business, career and life.

I am a qualified FCCA accountant, but after 30 years I packed it all in. Although I had an aptitude for business and accounts and was very successful at it, I never felt comfortable in that world.

I then embarked on a self-discovery journey, connected with my core truth and then retrained as a Master results coach, NLP practitioner and performance consultant along the way, bringing the nuances of spiritual and personal development into my work. I conceptualise, design and deliver workshops, and run training and coaching sessions.

I also speak at major conferences and have shared stages with Michele Patterson, CEO and organiser of the California's Women's' Conference and Dame DC Cordova, CEO of the global organisation, Money and You. I have been interviewed on Voice America, Croydon Radio and Getting Closer To The Truth and featured in Wellbeing Radio and Thrive Global Magazines. I am the co-author of the book 'Finding Your Truth - How to discover the real you and what you were born to do'.

Coaching Experience

I am a transformational coach and consultant with 10 years' experience of helping individuals to first understand themselves and then helping them to achieve goals that are in alignment with their truth.

Coaching sessions are relaxed and include a combination of both support and challenge which is needed to move you forward. I help you to identify the power that is within you and how to navigate through obstacles with ease, proposing solutions that are simple but effective. I encourage reflection at every aspect of the journey to ensure that you are always on the right trajectory so that you can course correct if required.

Areas of Expertise:

Discover your operating system (see details below)
Manage your mental wellbeing (see details below)
Creating departmental goals and vision (see details below)
Effective time management (see details below)
Effective decision making (see details below)
Effective communication (see details below)
Uncovering your potential
Clarity of direction
Identifying the hidden variables that affect what you do and who you are
Working with key life principles that support your life and career
Success strategies
Public Speaking

Training / Workshops

(Also available as away-days, online training or one-to-one coaching)

Discover your operating system

This training enables staff and management to understand what drives and hinders them so that they can approach their workloads in alignment with who they are. Working within the framework of their unique operating system allows the workforce to function at an optimal level and manage their work and life in a stress-free manner.

Managing your mental wellbeing

This training helps management and staff develop their mental and emotional resilience. It enables them to better cope with stresses of their day-to-day lives and looks at a variety of issues from a new perspective so that they don't seem insurmountable. This allows them to focus on their work commitments in a busy environment without the effects of overwhelm.

Creating departmental goals and vision

When you have clarity on where you are headed, it is easier to get there. Without that clarity, it's difficult to implement your vision, often wasting valuable time with things that are not aligned to the departmental goals. This training helps management and staff create a vision and goals that are practical, actionable and achievable.

Effective time management

The last few years have seen a considerable increase in expectations on management and staff's time, having to deliver a wide variety of outcomes. Traditional ways of managing time are becoming ineffective in the face of increasing volumes of work. This training introduces a new paradigm for effective time management, aptly suited to this new changing and challenging world.

Effective decision making

As employees progress through the ranks, they are being called more and more to exercise their decision-making skills. There are numerous factors involved in decision making. The more factors you're aware of, the more you can minimise risk and uncertainty. This workshop takes you through the facets of decision making, from both an individual and departmental perspective.

Effective communication

Poor communication may cause costly and time-consuming misunderstandings. Learning how to communicate effectively leads to a more engaged workforce and speeds up productivity. It is a must for any staff in a position of leadership. This training deep dives into the nuances of effective communication, with practical take-aways to respond to a variety of situations.

Education & Professional Certification

1986 Association of Chartered Certified Accountants
2005 Fellow of Association of Chartered Certified Accountants
2008 Diploma in Crystal Therapy
2009 Master Practitioner of Neuro-linguistic Programming
2009 Performance Consultant
2009 Advanced Neurological Re-Patterning
2009 Master Results Coach
2011 Platform Skills intensive (Public Speaking)
2011 Trainer of Neuro-linguistic Programming
2012 American Board of Hypnotherapy
2016 ILAB Business Incubator Program

Testimonials:

"My experience being coached by Michele was great and has exceeded my expectations. She helped me find exactly what I was looking for and that was 'clarity'. Her guidance and practical tools made me better understand myself, what I am looking for and how to move forward. She is insightful, empathetic, warm and wise. I strongly recommend Michele as an excellent choice for life or business coaching for achieving your goals in an enjoyable and effective manner."

V.N

"Michele was my coach/mentor during a few sessions as part of a coaching programme at UCL.

I signed up to the coaching programme because I was looking for tools and strategies that could help me in my job as a Deputy Lab Manager who will be soon managing a few labs in a new facility. My motivation is to advance in my career and gain leadership skills so I can be promoted to a senior position within my department.

Michele helped me on this and gave me all the theoretical knowledge that I needed to put it in practice on my daily work, especially when I transition from my current job into this new laboratory environment.

Her sessions were dynamic and I was always learning different concepts around leadership. It has widened my personal development and I truly believe her assistance was fundamental to build up on my core skills that will enable me to pursue a promotion in my current job."

Mireia

"Productive, pleasurable, and positive all sums up my experience of being coached by Michele. Her approach in coaching to achieve my personal goal was engaging and thought provoking. I now have a plan to work towards and found the experience enjoyable and rewarding. I would be happy to recommend Michele to others and will return for further coaching in the future."

Benita Noel