

Althea Blake

Background:

Althea Blake possesses a diverse track record of over 20 years' experience in enhancing successes and transforming underperformance into excellence by managing complex projects for many non-profits and global brands including Save The Children, NCVO, Facebook, Star Wars and Gucci.

She is passionate about empowering teams to discover their true value and purpose which leads to increased competence and confidence.

Althea inspires teams to work together towards a common goal.



Cultivating each unique strength to create a stronger, more dynamic team, by driving higher performance, eliminating under-performance and achieving success whilst maintaining a professional and personal life balance ~ where no-one is left behind.

Through 1:1 leadership coaching, interactive team building days or smaller team coaching sessions that include interactive activities and engaging discussions within a safe space that allows you to leave personas at the door and really get to know yourself or your colleagues.

Althea's calm approach puts her clients at ease, and she is well positioned to enhance their existing cultures and communications through sound strategies and best practices that motivates and maximises their performance.

Coaching Experience

Althea has coached and mentored Team Leadership from entry-level up to C-Suite to develop team strategies to successfully enhance triage and time management skills while adapting to ever-shifting goalposts. Althea has an arsenal of tools and techniques to build team dynamics, supporting leadership simultaneously to develop their own confidence, amplify their voices and position themselves to get noticed and heard. Personalised one-to-one or group sessions to navigate towards a desired outcome.

Areas of Expertise:

Fun Team Building Days | Strategy Building Days | Productivity | Self-Awareness & Identity | Personal Branding - Positioning Yourself To Get Noticed | Executive Leadership | Team Coaching | Wellbeing and Resilience | Action Learning Sets | Reducing Vicarious Trauma & Stress | Managing Emotions During Organisational Change

Education & Professional Certification

Certified Practitioner of Neuro Linguistic Programming (NLP) and is fully accredited by NLP Master Trainers Toby & Kate McCartney Training and the AIP (Association for Integrative Psychology) and adheres to their Code of Conduct and Code of Ethics. Althea is a highly competent project manager of over 20 years and a Certified Scrum Master (CSM) specialising in agile practices