

Lillian Ogbogoh

Background:

Coach, NLP Master Practitioner, Leadership trainer for emerging women leaders, certified hypnotherapist, and international speaker. With her expertise and passion for empowering women, she has made a profound impact in the field of leadership development.

Working with multiple companies to equip their new women leaders with the skills to add value to their organisations and become better leaders. Lillian equips emerging women leaders with the skills and mindset needed to thrive.



She works with women leaders to quiet the Imposter Phenomenon. Giving women leaders a deeper understanding of why it emerges and how it can hold them back as leaders. They explore concepts of authenticity and perfectionism and learn how to navigate these challenges to show up as their best and most confident selves.

She has taught Personal Development and Mindset training for over ten years at South Thames College. During that time, she has created and designed Personal development training courses for adults. Covering topics such as “Mastering the Fear of Speaking in Public”, “How to build your confidence skills”, “Assertiveness in the Workplace”, and using “NLP skills in your day-to-day life”, to name a few. She developed and implemented a six-week training program for mothers returning to work.

Coaching Experience

I have delivered both business coaching and personal coaching. As a coach, I work closely with individual women leaders, guiding them to reach their highest potential. Through tailored coaching sessions, we address personal and professional challenges, helping you grow as a leader and an individual.

My coaching provides a safe and supportive space for clients to overcome self-doubt, unleash their inner power, and step into leadership with confidence and authenticity. My coaching catalyses personal and professional success, empowering individuals to become exceptional leaders and live a life of purpose, fulfilment, and authenticity.

Areas of Expertise:

My area of expertise covers:

People development, including leadership training aimed at women leaders.

Developing women leaders.

Creating an inclusive culture.

Building resilience in women in the workplace.

Managing the inner critic.

How to quiet the Imposter syndrome.

Using the Feminine Archetypes to lead authentically.

Education & Professional Certification

- Neuro-Linguistic Programming Master Practitioner
- Teaching Skills for Educators BTEC Level 3 Award in - AET
- Presenting for TV, Education and Training
- Hypnotherapy Master Practitioner
- PRINCE2 Practitioner Certificate for Project Management Axelos
- Certified Scrum Master
- Consultancy & Management (Chartered Management Institute)
- Neuro-Linguistic Programming Practitioner
- Train the Trainer
- Equality, Diversity & Discrimination