

Dr Xina Gooding Broderick PhD FInstLM

Background:

Xina is an executive coach and mentor with a holistic approach; helping people in leadership roles to make better internal, personal and professional connections whilst building their ideal career or business.

She has extensive experience of working with executives who lead from a position of spiritual or secular ethics and is comfortable in either setting.



Through Xina's coaching sessions she will equip you with the tools and techniques you need to take you from living to thriving. Xina addresses the mental blocks that are holding you back from making change and learn to connect and trust your inner voice.

Owning a family business and having a background in project and programme management, Xina has had various leadership roles over the past 30 years. In addition to owning a coaching practice—she's a charity chair and owns a funeral parlour with her husband and sister. She finds that her leadership and management skills serve her well in her executive coaching practice.

Xina loves interacting with her family and friends. She's a philanthropist, life-long learner and empowered mother, as well as a business owner and leadership nerd with a good sense of humour. Xina absolutely loves reading and is a self-proclaimed a book addict. She also enjoys her yoga, meditation, and healing

Coaching Experience

Xina has managed her team with a coaching leadership style since 2012 and was mentoring for many years prior to that. She set up Mother of Abundance in 2018 initially to support mothers in leadership roles but found that both men and women were being recommended to her irrespective of whether or not they were parents. Mother of Abundance now has a luxury arm for wealthy mothers and an academic arm which works with leadership teams from the best universities in the world.

Xina has an ILM Level 7 Diploma in Executive Coaching & Mentoring and continues her professional development in part because she really loves learning and, because she really loves coaching.

Xina works with people who are ready to get out of their own way and progress in areas they've been holding back on, or, who know they have so much more to achieve. Xina's work with them positively impacts on their confidence and how they interact with others.

Additionally, Xina also has extensive experience in working with people who are in organisations in which they love their work, but the environment is less than ideal. This could be due to the organisational structure, traditions of the profession or just the way that a particular department is run, but by being better equipped to navigate these environments can drastically and positively impact you and your wellbeing.

Xina believes that managing oneself and others can be engaging, powerful, challenging, thought provoking and fun—that's the style of coaching she brings to sessions

Areas of Expertise:

Includes (but is not limited to):-

- Leadership
- Navigating frustrating work cultures
- Self-management
- Mindset coaching
- Development of goal oriented habits
- Impostor syndrome
- Limiting beliefs
- Career direction and clarity
- Work-life balance
- Delegation strategies
- Talent development
- Performance coaching
- Time management
- Development of values led habits
- Leadership group coaching

Education & Professional Certification

Business:

1999 - BA (Hons) Business Studies (London South Bank University)

2010 - Prince 2 Practitioner

2010 - APMP2016

2017 - Finance for Non-Financial Managers (University of York)

Goldman Sachs 10,000 Small Businesses Programme (University of Oxford)

Coaching/Coaching Modalities:

2023 - PhD in Holistic Coaching
2021 - ILM Level 7 Executive Coaching & Mentoring
2021 - BA Metaphysics (University of Metaphysics)
2021 - Certified NLP Master Practitioner
2021 - Certified Cognitive Behavioural Therapy Practitioner
2021 - Certified Group Coach Practitioner
2021 - Certified Personal Breakthrough Coach
2021 - Ordained Metaphysical Minister (International Metaphysical Ministry)
2016 - Certified Grief Recovery Specialist

Healing Modalities:

2022 – Certified Reiki Master
2021 - Certified Emotional Freedom Technique Practitioner

Memberships:

European Mentoring & Coaching Council (EMCC)
Institute of Leadership & Management
Association of Chairs (AoC) Federation of Small Businesses (FSB)