

Kim Foster

People Director, Facilitator and Coach

How I Can Help You:

My coaching revolves around you and your unique development goals. I'm here to guide you in achieving what matters to you most. In our professional and personal lives, we rarely have the time to stop, reflect and be truly listened to. I aim to change that by providing a space for you to vocalise your thoughts. I will identify patterns, reflecting back what I hear and helping you to join the dots. Rather than offering advice or teaching skills, I share tools that offer a new perspective, allowing you to develop your own solutions.



Together, we'll define your coaching goals, create a plan, and overcome obstacles.

What it feels like working with me:

I'll work with you to create a relaxed, engaging and confidential space where your thoughts are valued. This will enable you to do your best thinking and will help you to achieve your personal and professional goals. I have a friendly and approachable style and I like to build relationships, bringing challenge and support in equal balance.

I believe that coaching is about a whole life approach, often your professional goals will be impacted by your life outside of work too. I will help you work toward your goals looking from all angles, personal & work, past & present. I am qualified in a wide variety of techniques and tools, and will offer these to you as and when they become relevant & helpful – to provoke some new thinking, or a fresh perspective.

With a diverse background in talent management & leadership development, along with my experience working within private sector organisations in a variety of leadership roles, I can also bring this expertise when it is helpful and relevant.

What difference do I bring?

As a millennial woman, I've navigated the growth of my career while also dedicating meaningful time to my family, especially my son Archie. Establishing boundaries has been really key to achieving this work-life balance. I'm proud of the juggling act and bring that perspective and experience into my work with coachees.

What clients say about working with me:

"Kim was excellent at asking the right questions to lead me to answering my own questions and is good at helping me address the "awkward" questions when I try to avoid them. She always sets up a relaxed environment to allow me to speak freely and confidentially – this helped me focus my thoughts to achieve my objectives. The thought processes that Kim has introduced me to has allowed me to see and think differently in situations and therefore my reaction is more approachable on the receiving end. I could always rely on Kim to give me honest feedback whether it be good or bad, for me to enhance my leadership skills and support me to climb the career ladder. All this was

achieved in only a space of six months – anyone who has Kim as a coach will be privileged to work with her; I have been extremely grateful for this development opportunity.”

- Head of Finance, NHS

“I’d just like to say what a fantastic experience it was having Kim as my coach. She was so warm and made me feel at ease from the word go. Kim really helped me focus on changing the way I thought about certain situations I encountered on my return from maternity leave. I probably said ‘I hadn’t thought of it like that’ on numerous occasions! I really valued her skills and felt I benefited hugely from having spent time with her, building up my confidence again.”

- Inspection & Review team manager, Metropolitan police

“When I started working with Kim the world of executive coaching was still relatively unfamiliar to me and I was unsure of what to expect. After working with Kim for over a year now, I can confidently say that she has helped me understand more about myself and apply this understanding to how I approach work and life. Through our work together I am now more confident in what I know and equally confident in what I don’t. Kim has helped me to maximise my performance and I would whole heartedly recommend her to anyone looking to do the same.”

- CEO, Interlink

The expertise I bring when working with you:

- Accredited coach with the International Coaching Federation
- Post graduate certificate in Business & Personal coaching
- SDI 2.0 accredited practitioner
- Voiceprint accredited practitioner
- Member of National Council of Psychotherapists
- Postgraduate diploma in HR Management
- Member of Chartered institute of personnel and development