

## Ann Skidmore – Qualified Executive Coach with an honours degree in Psychology, MBA and NLPTA NLP Trainer



Ann Skidmore has trained, coached, mentored and developed over 24,000 people in various industries such as the health service, the airport industry, financial services sector, I.T., manufacturing, education, leisure industry, coaching industry, retailing and sales.

Ann is a Fellow of 2 organizations – the RSA and the Chartered Institute of Personnel and Development. She was one of the first people to be qualified in the U.K. as NLP Coach in 2001 and has gone on to qualify as a Certified Trainer of NLP so that she can now design and deliver her own certified NLP programmes. In the last 5 years she has become qualified as a Corporate Image consultant and gives advice to men and women on presenting and dressing for success. Ann has also won international awards for her work as an image consultant.

Over the last 16 years Ann has delivered several modularised leadership and management development programmes for a variety of private and public sector organizations. These programmes have enabled her clients to become more successful in the way they manage their teams, businesses and of course themselves. Ann uses her background expertise and experience in business psychology, neurolinguistic programming and common sense to bring about practical and lasting change for her clients and their companies. Ann has been interviewed and appeared in articles for Shape Magazine, Life Coach magazine, Training magazine, the Women in Banking and Finance Newsletter and on Radio 4, BBC Cambridge and most recently on BBC WM in Birmingham, and in addition Ann has also appeared on corporate videos and most recently on Ideal World TV shopping channel.

Ann has had over 16 years HR expertise and experience of leading, managing and motivating both individuals and teams to achieve high levels of success and business performance. She has project management experience in organisational-wide projects such as Investors in People and Performance Management. She also has several years experience of running her own company and has a Degree in Psychology and a Masters in Business Administration.

Her most recent and unusual experience is as a cover girl on the latest Colour me Beautiful book.