

# Insight on Coaching – Guest Bio

## *Sam Humphrey, Founder of Humphrey & Co; Ex Head of Global Coaching for Unilever*

### Introduction

Sam's coaching purpose is to help leaders build their leadership capability at a cognitive, emotional and behavioral level. He works with individuals and organizations to align individual, team and organization to deliver business strategy. His coaching framework is drawn upon a broad repertoire and grounded in existentialism.

### Experience

Sam has worked in the area of leadership learning for the last 10 years, the last 3 being a hybrid of Unilever and private practice work. His experience includes:

- Introducing a pioneering coach assessment process in Unilever
- Implementing a reciprocal diversity mentoring system in Unilever
- Being the first female member of the Jaguar pay negotiations team
- Heading up the HR aspects of the Bestfood merger part time and delivering all projects on time in full

### Education

- Professional Masters in Coaching – Middlesex University

### Professional Affiliations, Publications and Recognition

- Sam is on the Editorial group of the Coaching at Work publication and the Coaching Advisory Board of the CIPD.
- Profiled in Coaching at Work
- Spoken at many CIPD events and recently spoke at an i-coach event for University of Pennsylvania students.
- Contributor to 2 coaching books and have articles published in *Coaching at Work*, *Education Magazines* and *The Independent* (UK broadsheet newspaper)