

## Mary Casson Profile

Mary is a qualified Executive Coach and Mentor with expertise in leadership and professional development.

She has been coaching and mentoring for over 10 years, supporting clients to identify and address issues for professional and personal development. She helps Chief Executives, leaders and managers resolve problems, develop leadership capabilities, address performance issues, and achieve important insights and lasting results.

An experienced Senior Human Resources professional with an MSc in Organisation Behaviour, she has over 30 years experience in senior and executive management and consultancy, predominantly in local government, NHS and charitable sectors.

Mary's a good listener, adept at building effective coaching relationships. Her collaborative approach provides positive support and constructive engagement helping clients to obtain the benefits of fully exploring issues they face, identifying the heart of the matter, and developing appropriate action plans to achieve their goals.