

# Louise Weston



Louise Weston is a Chartered Psychologist with Pearn Kandola specialising in the fields of coaching, leadership development, diversity and inclusion. She works with a wide range of public and private sector clients, including financial services, professional services, pharmaceutical and retail.

Louise heads up Pearn Kandola's coaching team, helping clients to support the progression of their talent. At the individual level she coaches leaders to drive business performance through increased self-awareness and effectiveness across the core areas of leadership: leading people, delivering tasks and thought leadership. She also works with individuals at career transition points to support the development of critical skills, overcome career blockers and facilitate career change.

Louise takes an individual and flexible approach to coaching. She uses a variety of psychological principles and techniques to tailor her coaching to the individual needs of her clients. These include the use of psychometrics, 360° data and motivational interviewing for individual reflection/ perspective taking. She also uses cognitive behavioural coaching techniques to challenge and manage negative thinking patterns. Louise is an advocate of solution-focused and strengths-based coaching in order to help individuals identify and grow their key areas of talent and potential.

## Contact

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Louise has coached individuals in the following organisations:



## Louise's professional qualifications include:

- MSc in Occupational Psychology
- Chartered Psychologist
- Member of the British Psychological Society Special Group in Coaching Psychology
- Professional Development Certificate in Executive Coaching, The Institute of Coaching and Consulting Psychology
- Institute of Leadership and Management (ILM) Psychological Coaching Development Programme
- Professional Development Certificate in Developing Psychological Resilience, Centre for Coaching

Pearn Kandola is a member of the Association for Coaching



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