



# Polly Howard de la Mere

## About

As a Chartered Psychologist, Polly uses a variety of coaching and development techniques based on psychological principals and research.

Approaches used to assist coaching and development include in-depth motivational and goal focused interviews, feedback mechanisms such as 360° feedback, personality profiling and identifying how to maximise strengths and minimise risks.

Polly's coaching experience has involved working with senior managers and leaders to identify what they need to do to fulfil their potential and progress their careers, to assist in developing a range of skills and talents as well as developing their self-confidence.

**Polly Howard-De La Mare is a Chartered Psychologist with Pearn Kandola specialising in leadership development and coaching; and diversity and inclusion.**

Polly has a particular interest in the development of a diverse range of talent in organisations and breaking down barriers to progression.

## Polly's professional qualifications include:

- BSc (Hons) in Psychology
- MSc in Occupational Psychology
- Chartered Psychologist
- Member of the British Psychological Society
- Institute of Leadership and Management (ILM) Psychological Coaching Development Programme
- Certificate in Coaching Psychology, Centre for Coaching

## Polly has coached individuals in the following organisations:



NFU Mutual

