



Rob Barkworth

About

Rob uses a range of approaches, including personality questionnaires, 360° feedback and in-depth interviewing to help others gain self-awareness and insight into their own careers, helping them to take the lead with their own development.

He predominantly coaches those approaching career transitions or who are facing significant change in their working environments.

Rob works alongside people to help them understand and articulate the particular challenges they face and helps them find sustainable and pragmatic solutions to deal with issues such as leading others, managing difficult relationships, influencing and developing confidence.

Rob has over ten years of experience working as a psychologist in organisations both in the UK and internationally.

Rob jointly focuses on development and inclusion in the workplace and seeks to bring both aspects of this expertise to bear in his coaching relationships.

Rob's professional qualifications include:

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

Rob has coached individuals in the following organisations:



M&S



NFU Mutual

