

LEIGHTON HERDSON

D.O.B. 04/04/1985

PROFILE

I am an extremely hard working, optimistic leader as well as being a highly creative team player. As a team manager and leader I was dedicated to learning and delivering results through communication, analytical thinking and hard work. Building a team culture was paramount and I always encouraged development and growth within individuals. As a coach I am passionate about delivering the client results and building future that is both compelling and positive.

EXPERIENCE

TWO MINDS / HIGH PERFORMANCE COACHING, 2012 - PRESENT
Having coached employees from a range of positions at Saga, from entry level positions to senior management, I began my own coaching practice. Whilst the business is still developing, I have always been committed to a specific target market, working with professional young adults. My company mission statement is to help our clients think bigger about their life, get creative and live life on their terms. Nobody is broken and we all have the resources for success within us, High Performance Coaching helps the client locate the tools and use them effectively.

I am also developing my coaching skills by working with Two Minds Coaching in London, working with children and young adults with special needs.

TEAM MANAGER, SAGA, FOLKESTONE, KENT, 2009 - 2012

I started at Saga in 2009 having graduated University and within 15 months I was promoted to manager. I quickly began learning and developing myself to be a more effective leader, attending as many courses as I could in order to get the most out of myself and my team. I discovered the power of Coaching and quickly began utilizing those skills within my day to day work. I worked with senior management to help redesign the company culture and improve communication amongst all levels. I left in 2012 to pursue a career in Coaching with my own business, High Performance Coaching.

EDUCATION

**CAMBRIDGE SCHOOL OF ART, CAMBRIDGE, 2:1 BA HONS.
FILM & TV PRODUCTION 2006 - 2009**

**UNIVERSITY OF KENT, CANTERBURY, HND.
AUDIO PRODUCTION 2004 - 2006**

SKILLS

School of Natural Health Sciences: Diplomas in Life Coaching and Neuro-Linguistic Programming, Emotional Intelligence (SDI), Microsoft Office, Apple iLife, Apple iWork, Final Cut Pro, Logic, Cubase and Pro Tools, iContact email marketing, PPC advertising.

OTHER

Excellent telephone manner and clean driving license. I am a keen musician and blogger. I enjoy reading and learning through live seminars, webinars and books. I host my own radio show on personal development and change for Regal Radio, an internet based radio station.

REFERRALS

MICHAEL SAVAGE: Results coach and trainer for Tony Robbins: mikes@tonyrobbins.com
Michael Savage Coaching, 1395 NW 81st Terrace, Plantation, FL 33322