



Hetty Einzig

“To sustain high performance requires inspiration and reflection.”

I look beyond problems to the potential. I help people bring their aspirations to life by developing their strengths and building strategies to implement them in their work. We release authentic personal power that leads people to step up and become powerful role models.

Experience

Hetty has more than a decade's experience in coaching at board and senior executive level in the private and public sectors in the UK and internationally. She facilitates strategic development and conflict resolution processes and designs and delivers programmes in leadership development, emotional intelligence and coaching skills.

Hetty is a UKCP registered psychotherapist and brings her deeper understanding of personal, interpersonal and organisational dynamics to her coaching work. Her approach is holistic; spanning work, strategic and life issues, working with people in their team and organisational contexts. She trained at the Psychosynthesis and Education Trust; later trained students and served on the Training Management Committee of the Trust through major re-structuring.

Hetty's career has spanned the arts, health and organisational development. She co-established a successful London contemporary art gallery. Following this she worked as a freelance journalist for eight years, writing about the arts, health and women's issues for national magazines and newspapers. She held editorial positions at the Sunday Times Magazine and Time Out.

Hetty was the founding Director of the national charity, Parenting UK. Over five years, she built the organisation to a prominent position in the field, played an important role in the development of local and national policies, and built collaborations with many organisations and government departments.

Hetty has a BA in modern languages from Cambridge and a Masters in History of Art from the Courtauld Institute, London University. She lives in London, is married with two daughters and is fluent in French and Italian.



Professional Expertise

Senior executive 1:1 coaching • Transpersonal coaching • Transformational leadership • Team development • Organisational synthesis • Emotional literacy • Appreciative Inquiry •

Hetty is a senior consultant and executive coach working in the areas of executive and transpersonal coaching, team development, transformational leadership, organisational synthesis and emotional literacy. She sees her coaching role as helping clients engage fully with their challenges, understand what inspires them, creatively explore options and gain a clearer sense of direction in their work.

Hetty is a prolific author; her many books and articles include: *Pieced work: the use of imagery for work-life balance*. Coaching at Work, 2009 • *Transpersonal Coaching* with John Whitmore, 2006 • *Positive Parenting and the State* with Phil Hope MP, 2004 • *Personal Problems at Work: counselling as a resource for the manager*, 1990 • *Dieting Makes You Fat* with Geoffrey Cannon, 1983 • *Becoming a Counsellor: a guide to training in counselling and psychotherapy*

Selected Client Companies

American Express • BP • Britannia • Eli Lilly • Environment Agency • European Patent Office • Friends Provident • Gazeley Properties • KBR Halliburton • Lloyds • TSB • National Grid • NHS • Pfizer • Shoosmiths • Simons Construction Group • Walsall Council •

Education, Qualifications, Professional Positions

UKCP registered psychotherapist • BA Cantab, Modern Languages • MA London, Courtauld Institute, History of Art • Postgraduate degree in Psychotherapy, Psychosynthesis & Education Trust • Founding Director, Parenting UK • former R&D Director, Artemis UK • Founder and former Director, The Parenting Education and Support Forum • Foundation in Humanistic and Traditional Psychology, Minster Centre • Member of the Association for Coaching • Fellow of the Royal Society of Arts •