

## EXECUTIVE COACH PROFILE

### **Michelle Arscott**

Life and Executive Coach

Tel: +974 741 134 698

Email: [internationallifecoach@gmail.com](mailto:internationallifecoach@gmail.com)

### **COUNTRY**

Kenya

### **BACKGROUND AND PROFESSIONAL EXPERIENCE**

Michelle Arscott, is an award-winning life coach, and is known as 'The International Life Coach.' She has a global client base from countries including the UK, Qatar, USA, Canada, and Somalia. Michelle is based in Kenya and works with clients face to face and virtually.

Michelle has over 10 years of experience in the field of life and executive coaching. Building upon her previous role in the Education industry as an International Education Consultant and Mentor Teacher and also her degree in Psychology and Sociology.

Michelle has a warm persona and is quickly able to build trust and rapport with her clients, enabling a powerful coaching dialogue to occur. She successfully raises client's awareness of what their true goals are and supports them to find their own solutions, enabling them to be the best version of themselves both professionally and in their personal lives.

Michelle specialises in communication, dealing with transition, and wellness. She often supports her clients to achieve balance in their lives, to live in the now and be intentional in all aspects of their lives. Additionally, Michelle works with clients who are experiencing burnout. During the pandemic she has supported key workers, front liners, and professionals to successfully navigate the challenges of the pandemic. Michelle also runs women empowerment coaching programmes.

Moreover, Michelle is a freelance writer for different publications and writes on topics related to coaching and wellbeing. She often appears in the media discussing important topics relating to this field. She has been featured several times on Capital Radio, KTN and on BBC Africa.

Michelle has been an Associate Certified Coach (ACC), accredited by the International Coach federation for over 6 years. She is also an Institute of Leadership and Management (ILM) U.K certified coach in the workplace.

In her capacity as an executive coach, Michelle has worked as an associate coach for Empower World and her clients have included senior and middle executives. She has worked on projects for Ooredoo, the biggest telecommunication company in the Middle East, Hamad Medical Corporation and HEC Paris

Since moving to Kenya, Michelle has worked with small and medium size businesses. For example, she was the coach for the Impact Digital Retreat and has also supported Smart Applications Group and CEFA from the NGO sector.

### **AREAS OF EXPERTISE**

- Education
- Health Care

- Executive Coaching
- Life Coaching
- Group Coaching
- Mental Health
- Team Building

### **COACHING NICHE**

Wellness, Burnout and Compassion Fatigue, Communication, Work and Life Balance, Navigating Transition, Mindfulness & Group Coaching

### **COACHING STYLE**

Michelle works intuitively with her clients and very quickly sets up a safe and positive coaching space, supporting the client to step out of their comfort zone and to grow. She draws upon a variety of techniques to suit her clients and their preferred learning modality of learning and communication style. Michelle works with her client to help them gain clarity about themselves and their goals and aspirations. She also supports her clients to set achievable and meaningful goals to set them up for success and to work towards these goals. Michelle uses elements of Somatic Coaching, Neuroscience and NLP in her coaching. She also draws upon her knowledge of Psychology and in particular Positive Psychology and CBT.

Coaching is very much a partnership for Michelle with the client. She offers a bespoke coaching experience that matches the coachees needs and wants. Some of the techniques that she uses include visualisations, getting her clients to connect to their senses and mindfulness techniques.

### **COACHING CREDENTIALS**

Mentor Coach Training- Reciprocoach  
ACC (Associate Certified Coach) ICF (International Coaching Federation)  
Accredited Life Coach  
Empower World life and Workplace skills coach training  
Institute of Leadership and Management (ILM) UK: Coaching in the workplace  
School of Natural Health Sciences UK: Advanced life Coaching Diploma  
School of Natural Health Sciences UK: Life coaching diploma

### **PSYCHOMETRIC/ASSESSMENT TOOLS USED**

Extended Disc Profile  
Johari Window  
Honey and Mumford Learning Styles  
Communication Styles Inventory (CSI)

### **EDUCATIONAL AND PROFESSIONAL QUALIFICATIONS**

BscEcon Psychology and Sociology: University of Wales: Swansea  
PGCE Education: University of London  
Diploma in Mindfulness: School of Natural Health Science U.K

Diploma in Cognitive Behavioral Therapy: School of Natural Health Science U.K  
Compassion Fatigue Certification Training: PESI Healthcare USA  
Psychological First Aider: Future Learn U.K

#### TESTIMONIAL

“As part of our programme, we hired Michelle to coach our participants and help them grow and develop. All our participants were very positive about Michelle and her way of coaching ‘She was amazing. I got so much out of it.’ ‘I loved the coaching so much I even booked another session with her.’ What was especially praised was her intuitive approach...as an organisation, we found Michelle is a worthy asset to our programme and will ask her to join our team again on our next programme.”  
Anuk Boertien-Co-Founder Impact Nomads