

## EXECUTIVE COACH PROFILE

### **Anne Ng'ethe – ACC, CSC**

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### **COUNTRY**

Kenya

### **WHAT COACHING MEANS TO ME**

Coaching provides an avenue for my clients and I to take an adventure together. This journey unleashes the unlimited potential of my clients. It equips them to push boundaries; propelling them to climb to the highest peaks possible in all realms of their lives.

### **BACKGROUND AND PROFESSIONAL EXPERIENCE**

Anne is a certified Executive Leadership Coach and a credentialed Associate Certified Coach (ACC) with International Coaching Federation (ICF). She is the immediate former the Chairman of Training Solutions Ltd (TSL) which she also steered as Managing Director for over twenty years, first as a subsidiary of KPMG and later as a successful independent entity. Under her leadership, the TSL brand cut a niche for itself as the preferred leadership-learning provider for major organizations in East Africa.

Over the last 30 years, Anne has been involved in numerous client assignments that have honed her professional experience and expertise in executive coaching leadership, performance management, and team building for organizations in both the private and public sectors. This practical background in various environments has provided a unique perspective and a good understanding of the development needs of both the corporate and NGO sectors in the East African region.

Anne holds a Masters of Business Administration, majoring in Human Resource Development, is also a Certified Sherpa Coach (CSC) and a member of the Academy of Executive Coaches.

Anne currently chairs on the PS Kenya Board.

### **EDUCATION AND PROFESSIONAL CERTIFICATIONS**

- Certified Sherpa Coach (CSC) - Advanced Certification in the Sherpa Coaching Process – a process-driven executive coaching program
- Associate Certified Coach (ACC)- International Coaching Federation (ICF)
- Diploma in Intermediate Executive Coaching from the Academy of Executive Coaches (AoEC) and is an Associate Member of the Academy.
- Masters of Business Administration - MBA - (Moi University) - Majoring in Human Resource Development
- BSc degree in International Business Administration (USIU – Nairobi) – Marketing Option - graduated Magna Cum Laude

- Certification in the United States of America (Project Adventure) as an advanced facilitator of Experiential Team Learning.

### COACHING PHILOSOPHY

Adventure is a great driver of Anne's philosophy in life and work. This spirit is reflected in the things that give her pleasure such as rock and mountain climbing, bungee-jumping, white-water rafting and bike riding. She also cherishes her multiple roles as a team leader, mother, and the amazing blessing of three young grandchildren. Each of these roles contributes to who she is as a coach – by both growing as well as testing her. This enables her to come into a coaching process with multi-layered and multi-dimensional perspectives to work and life.

In keeping with her adventurous spirit, Anne sees each coaching session as an adventure that she eagerly looks forward to. This adventure is laid out not just for herself; but so too for her clients, as they discover uncharted territories, skills and abilities that they can tap into in order to resolve issues and grow. Anne believes in the unlimited potential of her clients and so encourages them to push the boundaries to achieve the highest potential that they were born to attain.

Anne's predominant coaching model is GROW-GESTALT, which combines a structured approach for working through a challenge, with a framework for deepening understanding, that can be likened to peeling an onion – one layer at a time, to get to the depth and core of the issue, and tap into deeply rooted skills and abilities that the client may not have been aware they had, or that may have been suppressed over time.