



# ANITA SAUVAGE

*Professional Coach & Organisational Change Consultant*



## EXPERIENCE

- ▶ **9 years as an executive and career coach (~ 700 hours)**
- ▶ **20 years management experience**
- ▶ **8 years as a senior development and change consultant**

**AUTHENTICITY, RESPECT,  
COURAGE AND ETHICS...**

**A successful recipe to help you find your true potential through inspiring coaching and personal and business development**

## Specialised in:

- ▶ Executive Coaching
- ▶ Career Coaching
- ▶ Coaching Supervision
- ▶ Organisational Change
- ▶ Personal and Team Development
- ▶ Communication skills
- ▶ Team and Personal resilience

## Diplomas and Certifications:

- ▶ MSc in Coaching (Napier University, Edinburgh)
- ▶ Post-graduate certificate in Psychology of Organizational Change and Development (CIPD – Heriot Watt University, Edinburgh)
- ▶ MBA in Literature (Université La Sorbonne, Paris)
- ▶ Certificate in Cognitive Behavioural Coaching (Stephen Palmer)
- ▶ EQ-I 2.0 (Emotional Intelligence) and EQ-i 360
- ▶ 16PF (Psychometrics - Personality Factors)
- ▶ Action Learning Set certified Facilitator
- ▶ Covey 7 Habits of Highly Effective People Accredited Facilitator

As a senior Organisational Development and Change consultant and coach I have developed a lasting consultant/client relationship with corporate and operational services in **Scottish public and private sector organisations**, supporting them in developing a more **proactive approach to organisational and cultural change and resilience** whilst maintaining a strong customer focus. I specialise in **organisational change and design and delivery of organisations' values, leadership and talent management strategy and programmes**.

Of all the disciplines I have studied in France and in UK, coaching has inspired me most. I have completed a **MSc in Coaching** and am currently working towards ILM 7 in Coaching Supervision. Over the past nine years, I have coached many directors, senior managers and members of staff in public and private sectors and designed and delivered **tailored-made Coaching Skills for Managers training**. I have also facilitated many **Action Learning Sets**, a powerful alternative to one-to-one coaching, supporting and challenging participants to work on their own issues.

Prior to my move to Scotland, I spent most of my career in France in Advertising, TV and Publishing companies. This allowed me to develop some robust **knowledge and skills in the communications and change management fields**.

So if you think you need support on a personal or business level, why don't you **contact me for a free and stimulating conversation ?**

"Anita is fantastic at shaping staff engagement and she helped me to structure, shape engagement and lead my people through a very challenging landscape of organisational change. Anita is charismatic, inspirational and empathetic but manages to do this whilst being firm and holding fast to the objective. I can't recommend Anita enough, she always delivers and has never let me down." **NHS Director**

"I would recommend both the coaching sessions and Anita as an excellent coach. I now have a new outlook on my own performance and as a result I believe I am more effective in my role. I feel that I have come a long way forward and have the skills to go further which I will continue to do." **Atos Director**

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