



BIOGRAPHY

Adrian Green

Adrian Green MAC, LCSM (Assoc), MISMA is Joint Managing Partner of PressurePoint GB llp, and says that he has found his life purpose. He is someone who makes a significant difference in people's lives; on both a business and personal level. With his business partner, Jane Brendgen, they have developed a business formula that is effective yet creative, facilitates insight, personal development and momentum leading to personal success.

Following 13 years in Advertising and Marketing Agencies (Creative Services Management) working on large consumer and business to business brands, Adrian changed careers in 1999 and retrained in Performance and Personal Coaching and Stress Management.

His natural positive outlook, experiences of the fast moving and stressful Advertising industry and career in Sport at a high level (former England & GB International athlete, 3000m Steeplechase) have all contributed to his style of coaching. He enjoys learning and developing as a coach whilst co- running the business with his primary responsibility alongside coaching, facilitation and consultancy being client services and relationship management.

Ultimately he inspires people to be their authentic self. To have the confidence and self-belief to find the courage to look at what's not working or not working as well as it could be. Through powerful listening and skilful questioning his coachees become self-responsible for their thoughts, emotions and actions through raised self-awareness, acknowledged weaknesses and embraced strengths so that they can implement actions consistent with achieving their goals and personal success. Using an integrative approach he Adrian draws from several coaching psychology models and theories (CBT, Gestalt, Burns, Cooper, Covey, Brandon, Goleman and the realm of sports psychology) tailoring his approach to meet the needs of my coachees. He helps clients get results and also maintain momentum.

Clients often comment that Adrian quickly creates a trusting and safe environment. Adrian blends a sharp business acumen and understanding to a clients business with empathy and compassion whilst remaining challenging which also enables deeper personal insights. Adrian also facilitates a number of workshops that he's developed – Life Skills for Personal Success, How to Be & Stay motivated, The Art of Winning, Corporate Nutrition and team building and Team Coaching Programmes.

A father of two he still finds time to run, train and occasionally practice sports therapy.