



## Jude Castle

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I spent nine years working at the European head office for the Walt Disney Company in London. As a Learning & Development Advisor I was responsible for the development of employees within the European head office. I delivered training on a number of courses and in particular team building. It was at this time that I decided to make the most of the opportunities offered to me by the company to further develop my interest in people development. I completed a course in coaching and became an accredited Myers Briggs assessor.

I was introduced to PressurePoint whilst at Disney and four years ago when I decided to leave the corporate world to work as an independent coach and trainer I teamed up with them and have been associated with the company since.

My coaching work is primarily life or developmental coaching. I work with people who are looking for more fulfilment in their lives, both in the workplace and in their personal lives. I believe my strength as a coach lies in my ability to facilitate change in my clients through making internal shifts as well as external. My coaching process enhances insights, increases personal power and expands my clients' ability to create what they want in a way that offers them long-term sustainable results.

I'm considered to be a very practical and down-to-earth coach. I help clients prioritise and balance the important elements in their lives, from home and work/career to key performance issues at work such as working smarter through better organisation, tackling procrastinating, managing pressure well and the important skill of self-management. I also focus on management and leadership skills, managing personal change and mentoring.

One of my key personal values is to give back something to society. To this end I have devoted a lot of my time to helping establish three charities, namely Fusion Trust, Eagles Wings (Humanitarian aid charity) and Watford Town Centre Chaplaincy. My work in this sector has taken me as far afield as Africa where I helped set up an

orphanage for young teenage women. I feel privileged to have played a key role in these projects and they have enriched my life.