



## BIOGRAPHY

### Sylvia Ross

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**Sylvia** is an experienced and accredited coach who is passionate about working with individuals, teams and organisations to help them unlock more of their potential.

She has over ten years experience in a client-facing role, providing business assurance and accountancy services to a range of organisations, from small family businesses to international blue chip companies.

For the last five years Sylvia has held a leadership position in one of the top five accountancy firms in the world, leading the development of the firm's culture in the areas of Company Values, Diversity and Corporate Social Responsibility.

In addition she built up a strong reputation as an effective and supportive coach, working with people at all levels of management and leadership whilst developing her own independent coaching business.

Sylvia has a strong track record in designing and delivering practical, insightful and fun personal development interventions. Programmes have included: Values Based Leadership, The Art of Coaching, Managing People, Problems & Projects and Career – What Next?

Sylvia is accredited by the Worldwide Association of Business Coaches and has a Certificate of Coaching from The Coaches Training Institute. She is also a qualified Myers Briggs Practitioner and has a BA Honours degree in Archaeology & Prehistory.

Interests include triathlon, cycling, gardening, golf, travel, coaching and freewheeling.