



Alice Stapleton

- Coach
- Gen Y Consultant



Described by her clients as:

- **Insightful** A real talent for asking challenging questions in a way that gets the best out of people and immediately puts you at ease
- **Inspiring and positive** An ever-hopeful and optimistic approach to problem-solving and challenging situations
- **Incredibly supportive** Empathetic style with exceptional listening skills
- **Credible** Deep understanding and knowledge of the challenges facing Generation Y in the workplace and their personal lives

And the small print:

Alice is a Career Coach and Generation Y Consultant with ten years experience of working with individuals looking to unlock and develop their potential, both professionally and personally. Her Masters in Coaching and Mentoring Practice (EMCC recognised training) involved the completion of academic research (later published in the International Journal of Evidence Based Coaching and Mentoring) in to the coaching approaches most effective when working with Generation Y. She is a member of the EMCC, regularly seeking to develop her practice through Supervision and attending CPD training events.

In addition to her coaching experience, Alice has an extensive Marketing and CSR background gained in professional services, particularly the legal sector, working closely with solicitors and barristers in the process. After completion of a BSc in Psychology and Criminology, and an NVQ Level 4 in Behaviour Change, she qualified as a Probation Officer, leaving the public sector in 2008 to set up her coaching practice.