



Sally Bogle

Associate Consultant

sally.bogle@liw3.com



Sally is a facilitator and coach with over 15 years' experience across a wide variety of industries. She has a strong belief in human potential and in the power of relationship and dialogue to create change, deepen self and collective belief and develop resilience.

Her work focuses on 1:1 coaching, leadership development, and organisational change. She has considerable experience of working with those preparing for or transitioning into more senior roles and using action inquiry for leadership development.

Sally developed her facilitation and coaching skills and a strong understanding of group dynamics and organisational development through 9 years in Learning & Development at Unite Students, where she built the department from scratch. As an independent consultant since 2008, she has focussed on developing coaching, mentoring and leadership in entrepreneurial businesses, SMEs and charities. Alongside this, as an associate of larger consultancies, she has worked in the UK and abroad with clients such as BP, GSK, Arup and the NHS.

Sally has a deep interest in helping people lead through turbulence and change, when a personal and collective sense of groundedness, selfbelief and well-being can make the difference between disempowering chaos and productive creativity on an individual and organisation level. She has been a mindfulness practitioner for several years and frequently uses mindfulness and mindfulness-based practices in her work, along with approaches from Gestalt, Positive Psychology and Systemic Coaching. She loves being and working outside and encourages groups and individuals to spend time out in the natural world when working through particularly sticky or seemingly intractable challenges.

In all her work, Sally endeavours to meet people where they are and to create with them a safe and supportive space in which they can pause and really notice what is going on. From this place they are more able to hear challenge, to challenge themselves, experiment and to create new ways forward.

She is co-founder and Trustee of The Mindful Life, a charity that offers mindfulness-based practices for self-care and resilience specifically for carers.

Mini Bio

- Facilitator & Coach with over 15 years' experience in organisations of all sizes in many different sectors
- Passionate about developing learners as well as leaders and connecting the two

Qualifications

- MSc Organisational Development (a Gestalt & Complexity perspective) (Metanoia Institute)
- MSc Coaching & Development (Portsmouth University)
- European Mentoring and Coaching Council EIA Senior Coach Practitioner
- Foundation Certificate in Psychodynamic Group Work (IGA)