

Claire Pedrick



Claire coaches individuals and teams in different professions – including NHS Managers, Investment Bankers, Senior Managers in Pharma, CEOs of National Charities and clergy (Curates to Bishops). She is experienced at facilitating boards and teams in corporates, the public sector and the charity sector. Claire runs the Coaching for Excellence programme in Milton Keynes Hospital which is now well known for developing coaching potential in managers through working more and more simply. In the last few months, Claire has worked with teams in an investment firm, a well known public sector organisation and two Primary Care Trusts.

Claire is an inspirational speaker and regularly speaks at events nationally about the importance of having effective conversations. She is passionate about working with organisations to engage in effective and productive conversations in order for everyone to be the best they can be.

"Claire is unfailingly positive and professional in all that she does, and a joy to work alongside. She is insightful, energetic, encouraging and resourceful as a coach while keeping the focus for action firmly with the client. If you get a chance to work with her, take it – those chances will become increasingly scarce!" JC



Whether working one to one, facilitating, speaking or training, Claire has a natural and simple style working with clients to achieve their desired outcomes. She brings over twenty years experience and continuing professional development in coaching and works with people in a non-directive way demonstrating the simplicity of the ICF Core Coaching Competencies in all aspects of her work.

Claire has always been a communicator. She trained in Manchester as a Secondary Maths teacher and spent the first two years of her career teaching in a rural secondary school in Kenya. On her return to the UK, she worked for World Service Enquiry coaching individuals interested in working overseas and training those preparing to go overseas. This required her to constantly be working across different organisational and international cultures. She is a sociopreneur and established 3D Coaching in 1999.

Claire's training includes:

- Professional Certified Coach with International Coach Federation
- Foundation Course in Coaching Supervision, Bath Consulting Group
- Supervising in Teams and Organisations, Bath Consulting Group
- Certificate in Managing Not for Profit and Voluntary Organisations (OU)
- Graduate Coach University
- BSc (Hons) Applied Statistics
- PGCE Mathematics/ Computer Science

Claire is working towards Master Certified Coach with the ICF, the largest professional coaching association in the world committed to developing coaching

excellence and received supervision from a Master Coach. She is a member of the ICF and an Associate of the Institute of Directors.

Speaking engagements have included:

- Spring Harvest
- Greenbelt
- One Life Live
- Chartered Institute of Management/Three Faiths Forum
- and numerous local events and business breakfasts.

Claire is currently thinking about:

- how to work even more simply
- gender issues around coaching

Another contribution Claire has made to help people become the best they can be is through writing books:

- Friends First
- Under Pressure
- The Curates Guide

A Christian, she also writes for Daily Bread, Wordlive and Submerge. Claire lives in Letchworth with her husband and two daughters and they collect original art. Their second home is a tent.

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