

# Coach Profile

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The Centre for Mentoring & Coaching Ltd

## Sandra Meadows MBE, FRSA



A former Chief Executive Officer based in Bristol, Sandra is a Director for the Centre for Mentoring and Coaching with considerable experience both as a senior manager and non-executive director.

Sandra works to achieve positive transformation and improvement within individuals and organisations, encouraging creativity and new ways of thinking. With a strong interest in diverse and inclusive leadership development, her approach is empathic and gently challenging - bringing the individual into focus to identify and transcend barriers to progression. Sandra is a confident, lively and engaging coach and mentor with experience of working with people from all backgrounds.

Sandra has worked within (and across) the private, public and voluntary/charitable sectors, including Trustee roles for a range of local and national organisations including: The City of Bristol College, Skills Active National Council, NAVCA, The Bristol Beacon, BrisDoc, St. Paul's Carnival and several local statutory Boards and partnership groups. Sandra has also served on the Bristol Mayoral Commission on Race Equality and the Commission for Women and works with the current city administration as a City Partner.

In 2019, Sandra was listed amongst the West Women of the Year and in 2022 voted as one of the Most Influential Women in Bristol. A member of the Chartered Management Institute (CMI) and a Fellow of the Royal Society of the Arts (RSA), she completed the master's Level course in Coaching and Mentoring at the University of West of England in 2015.

The breadth of her experience includes human resources (covering recruitment, employee relations, training and development) within a global FMCG company, business and organisational development, people and performance improvement, contract management, collaboration and partnership development.

Sandra's client businesses include Statutory Authorities, national and local Charities (inc. Universities as exempt charities) SME's and voluntary sector agencies, working with C-Suite Executives, Trustee Boards, Managers and individual staff members.

The Centre for Mentoring and Coaching maintains a strong focus on coaching practice and development: all Directors and Associates receive both monthly peer supervision and external supervision. Supervision enables the exploration of professional practice and ethics; the ways interpersonal relationships affect effectiveness with clients and understanding the influence of organisation systemic patterns on client behaviours and effectiveness.