



Helen Cowan Executive Coach

About

Helen is a sought after Executive Coach who works with female leaders and high potential women typically within large corporates and professional service firms. Helen's coaching career began in KPMG, focusing on key populations including Partners and Directors, maternity leavers/returners and talented people leaders. Before coaching, Helen enjoyed more than 10 years' experience in financial services, focusing on large scale M&A transactions and corporate strategy engagements both in the UK and globally. Her career pre-coaching has ensured Helen never underestimates the pressures and reality of high performing cultures.

Coaching Focus

Helen's clients tend to be going through a major career transition, be it a promotion, a move to new organisation or a life change such as becoming a parent. These talented women are typically senior executives and leaders who are keen to realise their full potential through this transition, but are often held back by some fundamental limiting beliefs. It follows that much of Helen's coaching tends to be around helping clients through a period of change and working on their self-awareness to improve how they interact and influence the environment in which they work.

Coaching Style

Helen works best with driven individuals who are committed to developing their self-awareness and open to new and sometimes creative ways of thinking about themselves and their professional situation. Helen is naturally inclined to the positive in people and understands that the individual almost always knows the "answer" – with careful listening and questioning in a safe and supportive environment they will find it. A straight-talking pragmatist at heart, Helen also believes that the ability to challenge and occasionally offer suggestions makes the coaching more effective and the next steps more practical. Above all, Helen cares deeply about her clients and goes above and beyond to help them achieve the change they desire.

Experience

1st Class Degree in English,
University of Leicester | Coach
Practitioner with The Performance
Coach, EMCC accredited | KPMG
Advanced Coaching Course
2014–Current | Executive Coach
2009–2015 | KPMG Transaction
Services UK and EMA
2007–2008 | Confederation of British
Industry, Executive Assistant to the
Director General, Sir Richard Lambert
1999–2007 | KPMG Strategic and
Commercial Intelligence

“For me Helen's greatest strength is being able to challenge my beliefs and remove internal resistance”

DIRECTOR

“In the past year, I have returned from maternity leave and faced quite complex and politically sensitive situations but Helen's knowledge of my working environment and human behavior have enabled me to navigate through these times”

ASSOCIATE DIRECTOR