

Gareth Rees

Overview

Gareth is a business coach and consultant with a particular focus on supporting leaders making transitions to more senior roles, and on leadership teams as they try to raise their performance. As an experienced CEO and a consultant in organisation-wide change, Gareth understands the pressures on, and loneliness of, executives confronted with relentless demands for performance, with little support or guidance regularly available to them. With challenge, humour and encouragement he helps clients to adjust their perceptions of their roles and to see how to play to their strengths in leading and bringing the best out of others. His experience with private and public sector organisations through periods of recession and rapid growth, through mergers, acquisitions and other critical events, adds depth, perspective and relevance to the support he offers.

Coaching Examples

- Coached a London practice head of an international law firm in making a style transition, moving from breadwinner to developmental team leader and practice integrator
- In a global natural resource company coached a senior executive through the stakeholder management lessons to be learned from a troublesome global project, supporting him as he began applying the changes
- Coached the UK Managing Director of a global consumer products company in adjusting his style, leading and delegating more effectively
- Supported the Managing Director of a passenger and freight transport company through his transition from Finance Director, helping him to conceptualise the role and begin adopting new leadership behaviours
- Worked with the Director of Corporate Services of an acute NHS Trust to improve his delegation and time management

Business Background

- As Chief Executive of Kinsley Lord, the UK's leading change management consultancy in the 1990s, Gareth led the organisation through its merger with Towers Perrin, beating the financial performance targets laid down by the acquirer
- As UK Managing Director of Towers Perrin he successfully re-aligned the multi-practice firm to face the market in a more uniform and client friendly way and, as a result, strongly developed its reputation and performance among its key clients
- As a consultant he used his general management and strategy consulting experience to support large organisations in both private and public sectors through large scale change
- Ten years commercial experience as an accountant, international sales manager and sales director in the chemical and engineering industries

Qualifications

- BSc(Eng) in chemical engineering, UCL
- Accounting qualification (ACMA), CIMA
- Fellow of the Royal Society for Arts and Commerce (RSA)
- Meyler Campbell Business Coach graduate
- WABC Certified Business Coach
- Myers Briggs MBTI® and FIRO-B® certification; Mindfulness for Coaches
- Continuing professional development programmes, including coaching supervision

Other Information

Gareth is married with three grown-up children and lives in Kent. He enjoys a stimulating and rewarding life, balancing his coaching with charity work (he is Chair of The Centre for Charity Effectiveness Trust at Cass Business School), family life and an ever-optimistic intent about his golf handicap. Unsurprisingly 15 men in red shirts and 'Bread of Heaven' still test his rationality!