

EXECUTIVE COACH PROFILE



Michelle Arscott

Award-Winning life & Workplace, Executive, Group & Team Coach, ICF-Accredited | ILM-Certified | Specialist in Leadership, Emotional Intelligence, Wellbeing & Performance Coaching Executive Coach

ABOUT MICHELLE

Michelle Arscott is an internationally recognised, **award-winning coach** with over **13 years of coaching experience** and a **30-year background in education and psychology**.

She has **supported and coached leaders and teams at leading banks, including Co-op Bank and NCBA**, as well as global organisations such as the **Obama Foundation, United Nations, and UNICEF** across **Pan-Africa, Europe, and Asia**.

Michelle is **ICF-accredited** and **ILM-certified in Life & Workplace Coaching and Team & Group Coaching**, equipping her with a structured, results-driven approach to professional growth.

She specialises in supporting **professionals to navigate leadership challenges, build high-performing teams, enhance communication skills and stress management** in a fast-paced environment.

COACHING AREAS

Michelle provides **high-impact coaching** in the following areas:

✓ Executive & Leadership Coaching

- Strengthening leadership presence and decision-making
- Coaching leaders to inspire, influence, and engage teams
- Developing high-performing teams

✓ Personal & Professional Wellbeing

- Managing stress, resilience, and work-life balance in high-pressure environments
- Enhancing self-awareness, emotional regulation, and productivity
- Preventing burnout in demanding leadership roles

✓ Career Growth & Personal Development

- Strengthening confidence, executive presence, and personal brand
- Improving focus, motivation, and goal setting

✓ Positive Communication & Personality Profiling

- Using personality tools like the Extended DISC Profile to improve leadership Capability,
- Coaching individuals to enhance self-awareness and collaboration
- Strengthening team communication for better business outcomes

COACHING APPROACH

Michelle's coaching is **highly practical, results-driven, and tailored to coachee's needs and learning preferences** incorporating:

✓ **Positive Psychology & Emotional Intelligence** – Strength-based leadership growth

✓ **Mindfulness & Resilience Training** – Stress management and focus

✓ **Action-Oriented Coaching** – Practical steps for immediate business impact

✓ **Personality Profiling with Extended DISC** – Improving teamwork and Communication

CONTACTS

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