



STU BARNES

Executive Coach

Contact

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Credentials & Qualifications

- International Coaching Federation Associate Certified Coach
- Institute of Leadership & Management Level 7 Certificate for Executive & Senior Level Coaches and Mentors
- Chartered Public Finance Accountant

Testimonials

You can hear from Stu's clients and colleagues [here](#)

Blog

You can read how Stu applies concepts and frameworks into his practical coaching work, sharing reflections and stories, in his regular blog [here](#)

Introduction

Stu is an ICF accredited and ILM qualified Executive Coach, committed to providing excellence in coaching and showing up with the highest professional standards. Stu values lifelong learning, development, and growth and has a strong belief in the transformational impact that coaching can have on confidence, performance, and fulfilment.

Prior to coaching, Stu built twenty-five years' experience in senior management and corporate environments, developing his leadership and business skills and investing in the development of his colleagues to help them achieve their full potential.

Stu Barnes Coaching

Stu works with individual clients to fulfil their goals through facilitated one to one coaching conversations, empowering them to take on life on their own terms.

Stu has an established track record of supporting his clients to achieve improved self-awareness, confidence, commitment to change, and accountability.

Stu partners with executives, senior managers, and business owners to help them feel more confident and empowered and realise their potential, in areas such as:

- Navigating career transitions
- Thinking about 'what next?' in careers
- Fast-tracking potential and personal development
- Investing in leadership capability and style

Prior to coaching

Prior to establishing his coaching business, Stu held senior positions in capability development and learning, business partnering and change, and corporate services roles. Highlights:

- Passionate and inclusive people leader
- Active coach, mentor, and peer supporter
- Extensive management experience
- Experienced team and functional leader
- Internal consultant and change agent
- Effective communicator and influencer
- Connector, convenor, and collaborator
- Organisational capability development strategies
- Senior corporate and finance experience

“Stu was amazing at guiding me through the goals we defined and provided great support and resources. He is incredibly empathetic, very structured and I'd highly recommend him as a coach” – Jane | Chief of Staff | Startups