



STU BARNES

Executive Coach | Helping mid-career professionals find clarity, confidence and momentum

Typical Coaching Themes

Career

- Career transitions
- Purpose and direction
- Decision making
- Connections and visibility

Leadership

- Executive presence
- Influence and communication
- Leading teams and culture
- From expert to leader

Personal Growth

- Self-awareness
- Building confidence
- Resilience and wellbeing
- Values-led success

Credentials

- ICF Associate Certified Coach (ACC)
- ILM Level 7 Executive & Senior Level Coach
- Chartered Public Finance Accountant (CPFA)

Testimonials

You can read how my clients described their experiences working with me [here](#)

Contact

Web: stubarnescoaching.com
Email: stu@stubarnescoaching.com
Phone: 07989 983517
Location: London, UK

Introduction

I help mid-career professionals navigate some of the biggest transitions of their working lives. Whether they're stepping into leadership, questioning what's next in their career, rebuilding confidence or redefining success, I create the time and space for them to think more clearly, make confident decisions and move forward with purpose.

An ICF Associate Certified Coach and ILM Level 7 qualified Executive Coach, I combine professional coaching expertise with 25 years' experience in senior leadership, organisational development and change.

My coaching is thoughtful, practical and appropriately challenging. I don't believe people need fixing. I believe they need the right questions, the right space and the confidence to discover their own answers.

Who I Coach

- Mid-career professionals exploring 'What's next?'
- Experienced leaders stepping into more senior roles
- Technical experts becoming people leaders
- Professionals navigating career transitions
- Business owners and senior managers seeking greater clarity, confidence and fulfilment

How I Coach

My coaching blends deep reflection with practical action. Clients value a calm, supportive environment where they can slow down, untangle complexity, challenge assumptions and build confidence. Every conversation is designed to create insight, clarity and purposeful action.

Why Clients Choose Me

- 25 years' senior leadership experience
- ICF ACC & ILM Level 7 qualified
- Calm, reflective coaching style
- Practical structure and accountability
- Deep understanding of leadership and organisational change

Professional Background

Prior to founding Stu Barnes Coaching, I spent 25 years in senior management leading organisational capability, learning and development, business partnering and change. This experience enables me to understand the realities my clients face while navigating their current context and helping them think differently about the opportunities they have ahead.

“Stu has an incredible ability to create the time and space to think. I came away from every conversation with greater clarity, renewed confidence and a clear sense of what to do next.” — Senior Leader, Technology Sector