



## Des O'Connell, M.B.A.

### Overview of Coaching

Des is a trained leadership coach with more than 30 years of experience working with senior leaders in both internal line management and external coaching roles. His approach is informed by positive psychology and a focus on strengths. What inspires Des about coaching is its power to unlock the energy, imagination, and talent of high-performers. He believes that coaching provides a space where thinking is at its best, clarity can be gained, and new ideas can develop.

### Background and Experience

Des spent two decades in business roles. He began by working as a lawyer and worked his way up to managing partner of Biddle, a London City law firm. He then spent two years as a projects and operations director at Barclays Bank. He joined Sherwood Consulting in 2001, initially focused on training and consulting to professional service firms. That work led Des into coaching, and in 2005 he completed Mastered (the Meyler Campbell Business Coach Programme). He joined the Meyler Campbell teaching faculty in 2012.

Des has a particular interest in positive psychology and strengths. Barbara Fredrickson, a United States psychologist, has been an important influence on his work on positive emotions. For the past 10 years, Des has been studying with world-renowned writer, teacher and coach, Nancy Kline, (founder of The Thinking Environment coaching approach) to experience the transformative effect of giving attention as a coach.

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### Sample Businesses, Engagements

Professional Services  
Education  
Financial Services  
Healthcare Services

### Areas of Specialization

Career Planning  
Influencing/Collaboration Skills  
Strategic Thinking/Planning  
Whole Person Development

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### Education & Training

M.B.A., Nottingham Law School Solicitor  
M.A., Christ's College, Cambridge University

### Qualifications

Faculty: Meyler Campbell Coaching Institute  
Certification: Mastered, Meyler Campbell Coaching Programme  
Assessments: MBTI: Basics, Strengths Profile  
Founding Fellow: Institute of Coaching, Harvard