

kynesis EXECUTIVE COACHING



Collectively our coaches have over **100** years coaching experience. We are proud of what our clients have achieved as a result of our help. We have witnessed the power of coaching and its ability to dramatically improve the performance of individuals. We have always taken a pragmatic approach to unlocking potential and guiding clients through periods of change, with a focus on performance improvement well beyond the period of contract. Our coaches inspire personal motivation within clients, ensuring they achieve their professional and business goals.

Head of Executive Coaching - Caroline Donaldson

Caroline's background combines over 21 years of consultancy with senior line management experience. Having worked with well over 100 UK-based client companies, carrying out a variety of projects within organisations ranging from FTSE listed companies to SME's and Charities, Caroline's experience is both diverse and varied.

Our team of coaches come from diverse business backgrounds bringing their commercial experience to their coaching. They have worked with renowned organisations such as The Royal Bank of Scotland, HP, Shell, Vodafone, Nokia, SAP, Specsavers, Finning and Intercontinental hotels. Their public sector experience is across Scottish Government, NHS, locals authorities and Government

Our Coaches

Gillian McCready

Gillian is a professionally qualified coach-mentor and coaching supervisor, and has worked for over 20 years in Human Resource Development consulting. Gillian is also an experienced team coach and process consultant, working with teams to develop their strategic and interpersonal effectiveness.

Cath King

Cath's interest in people and their different perspectives led to a Degree in Psychology and an early career in HR. Cath is a natural 'Developer' and 'connector' supporting people as they manage transitions in their personal and professional lives. She brings a practical, analytical approach to all her work, balanced with good humour and common sense. She has experience in public, private and voluntary sectors.

Robert Gordon

Robert is a charismatic strategic leader with 11 years board level experience in national government. He is an energising, supportive and empowering developer with a strong track record of bringing on and inspiring high performing teams.

Euan Cowie

Euan is a skilled Human Resources Consultant and Executive Coach with extensive international and UK experience. Euan is an expert in the design and facilitation of learning and development interventions and



Client Quotes

“Caroline Donaldson’s confidence and expertise provided a sound platform from which to launch this programme from the very top. Her innate coaching abilities helped us to deliver the content and infrastructure needed to ensure the programme’s continued integrity” - Centrica



“I personally found Caroline to be an excellent coach, with a pragmatic and practical perspective, the ability to challenge constructively and to provide exceptional levels of support.”- Fiona Irvine, formerly First ScotRail HR Director



I now have a clearer view of my personal and work goals and have even developed a reasonable plan to reach these! Caroline and I discussed a number of coping strategies and practical examples of different ways to deal with business situations. I talked through a number of actual issues I faced in my role and found it invaluable to have a coach to work through how I should deal with them and to review the outcomes.” - Utilities Director.



“Caroline was a delightfully shrewd lady who brought out my best attributes, made me see reason and helped refocus my energies into a more positive and beneficial approach. The end result is a finely tuned manager with a realistic sense of belief and more relaxed attitude into the bargain. I sincerely thank you” - Senior Manager, Global solutions Ltd.



“Kynesis Executive Coaching was engaged to facilitate the alignment of a newly assembled management team. The enthusiasm, skills and the relevant and insightful advice of the consultants ensured that their recommendations have been retained and applied in our team dynamics. Our organisation continues to benefit from these exercises long after Kynesis have left!” - Managing Director, Parsons Brinckerhoff



“The coaching I have received from Caroline has been one of the most positive and enhancing experiences which I have had in the NHS. After every session I took away a greater understanding about ‘me’ and the organisation, and some positive actions which I took forward. The best thing is that the effect has been sustained and I believe that Caroline’s particular style and skills are a key contributor to this” - General Manager, NHS Angus CH

