



Meet the Goodfoot team

We have been delivering high quality **for over 20 years**, through good times and bad times, through times of huge change. Our levels of experience come together to provide you with a committed, capable, close-knit team to enhance your aims for your organisation.





Natalie Leaf

As Director Natalie has a successful background in **Global Account Management** and works with Clients to ensure we deliver the best solutions in line with their **L&D Strategy**. Natalie understands the complex needs of businesses in the modern workplace and strives to ensure excellent client relationships and exceptional service.

Personal thoughts:

Supporting the client in what they aim to achieve is key to maximising the success of every training programme we deliver."

Interests | Travel • Crime fiction



Helping
organisations
implement the right
solutions for them

Natalie Leaf
Director



Mark Miller

Director with a senior management background at one of the UK's leading pharmaceutical companies, Mark **believes in inspirational and motivational training** which produces real pragmatic results. Experience includes consultant to Europe's largest outsourcing bid and advisor to a leading UK Electricity company in their negotiations with the UK government.

Personal thoughts:

"Training is tough because you are asking people to consider changing. It is also a delight because you are asking people to consider changing. All of us, managers, team members, directors, are in our way all trainers, it's just that some of us have a different platform. My platform is the course or event, and there I need to outline why changing what we do is better than staying the way we are. To do this I need to understand, to vision, to communicate, to enthuse and to support. The most powerful pay-back is seeing people choosing to change because they see possibilities for themselves they haven't seen before."

Interests | Motorcycle touring • Writing



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because you are
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consider changing

Mark Miller
Director



Sian Finn

Sian energetically **drives the marketing strategy for Goodfoot** and engages with client requirements to ensure that what Goodfoot offers to market reflects the up-to-date demands of our clients. Sian has extensive experience developing digital marketing approaches to ensure that current client issues and challenges are reflected in the offerings and services we bring to you.

Personal thoughts:

"My keen eye to detail and organised approach is key to ensuring that high standards are consistently achieved, and both our clients and delegates have the best possible experience."

Interests | Travelling • Exercising



My keen eye to detail and organised approach is key

Sian Finn
Marketing Manager



Dan Symonds

Dan combines over 20 years' experience with a passion for the delivery and design of innovative training interventions. He has extensive experience as a Learning and Development Manager within the public sector, as well as most recently, in the financial services and tourism sectors. He combines a natural enthusiasm for facilitation with a genuine interest in enabling people to bring about behavioural change in themselves and in turn positively impact their immediate teams and organisations with particular focus on creating psychological safety in the workplace. He's also spoken at a number of ISE and CIPD Learning and Development conferences, with a particular focus on the vulnerability of leadership and using open communication to build individual and organisational resilience.

Personal thoughts:

If we don't take control of our habits/reactions/inner dialogue/story/whatever term you prefer and acknowledge the impact that it has, we can't lay responsibility at anyone else's door. Ultimately, we are all responsible for creating our own safety and ensuring that it is healthy, productive and doesn't negatively impact those around us. It's a simple concept, but as with any emotional and psychological development, it's not easy – the sooner we start, the sooner we reap the benefits.

Interests | Travel, running, mountain-biking, not taking myself too seriously!



Ultimately, we are all responsible for creating our own behaviours and the impact on those around us.

Dan Symonds
Coach and Facilitator



Sue Blight

Sue is an **experienced and commercially focused HR professional** specialising in leadership development, talent management and assessment. A breadth of experience in retail (Sears Group) manufacturing (Dairy Crest) and travel (First Choice Holidays and BAA). Her specialist areas of expertise are in Talent Development, Executive Coaching and Organisational and Leadership Development Skills.

Personal thoughts:

"People only change when they win. As they try out new skills, tools or approaches and see that they work, they will use them more and more which will positively impact on their performance. The more positive results they see the more willingness they will have to try new things. My job is to create an environment that helps people learn to win through encouraging and coaching them to try new concepts and skills. I also give direct feedback when they successfully try something and the impact it had. When things don't go as expected I will help them to understand why that was and what they can do differently."

Interests | Long walks with my Border Collie puppy and getting as fit as possible!



People only
change when
they win

Sue Blight
HR Professional



Steve Knight

Steve **consistently made a difference for individuals and organisations** in the design and application of effective development interventions and business development facilitation; Steve focuses on enabling people to lead their way through change, either as individuals, teams or organisations as a whole. Steve is an accomplished coach and highly effective facilitator, being as comfortable in the boardroom as the shop floor. His style when working with groups is highly visual, this ensures there is great alignment, real ownership and contributions from everyone; this builds engagement that brings results.

Personal thoughts:

"Creating a safe environment within which every individual feels willing and able to contribute. To do this I believe much work is required beforehand to understand the real challenges being faced by delegates in their industry, their company & in their job role. We know from our own short time as children that we are more likely to do something differently if we are involved in making the decision rather than having it imposed upon us, if we can have some fun along the way and if we realise the gain will be greater than the pain. This drives my philosophy for delivering inclusive, rewarding fun learning, and in the end, this is the type of training which is retained, recalled and applied in the day-to-day work environment."

Interests | Photography • Travel



Creating a safe environment within which every individual feels willing and able to contribute

Steve Knight
Coach and Facilitator



Brian Dannatt

Brian is an **Organisational & Coaching Psychologist** with a wide background of experience in a number of sectors including both operational and management roles, giving him a pragmatic approach to learning. His main area of focus is Leadership development through facilitation and coaching and his area of interest is working with relational dynamics.

Personal thoughts:

"I hold the philosophical belief that all people are of worth and that they can think and are resourceful. I consider that my role in working with others is to guide them to an increased awareness enabling them to make more informed choices in their life and work. My work draws upon my training and experience in psychology and psychotherapy and of living in the world. I have learned that when we treat each other with unconditional positive regard, hearing and seeing them with acceptance and compassion, then communication and relationships flourish and individuals grow."

Interests | Seeing my three children Jacob (6), Eden (5) and Isaac (3) as they interact with the world and grow • Walking in the forest for solitude and contemplation



I hold the philosophical belief that all people are of worth and that they can think and are resourceful

Brian Dannatt
Organisational & Coaching
Psychologist



Deborah Whitworth-Hilton

Deborah brings a calm, **thoughtful and pragmatic style of coaching, mentoring and people development shaped by decades of operational leadership**. She understands the pressures faced by senior leaders: balancing safety, regulation, commercial performance and stakeholder scrutiny, and provides a reflective yet stretching space to think clearly and act decisively.

She works with leaders to build self-awareness, strengthen leadership behaviours and create environments where accountability, trust and learning can thrive. Clients value her ability to connect strategy, culture and operational reality, ensuring leadership development translates into tangible performance improvement.

Personal thoughts: I am passionate about enabling people to be the best they can be. I'm energized by seeing individuals embrace opportunity and ambition and by those powerful "lightbulb moments" that open new doors through coaching and development. I believe everyone has the potential to grow and become something different if they choose. By creating environments built on inclusion, engagement, psychological safety and trust, I help leaders better understand themselves and their people—unlocking stronger relationships and high-performing teams.

Interests – Travel, music, traveling to music. Teaching jujitsu. Spending time with my adorable granddaughter. Walking my bonkers-Beagle



My approach blends supportive challenge with high expectations and utilises relationship intelligence to explore how to get the best out people.

Deborah Whitworth-Hilton
Coach and Facilitator



Sharon Knight

Through her coaching and training within a wide variety of business sectors, Sharon specialises in **‘People skills for people in business’**. She supports her clients to build on their functional expertise by understanding the personal impact they have on others through their communication channels, and she works with individuals and teams to build confidence and practical skills to ‘show up and deliver’ in a way that fully showcases ability and experience whether leading a team, influencing, asserting themselves, presenting key messages to a group, speaking in meetings or ... wherever they need to demonstrate value.

Personal thoughts:

“I passionately believe in building personal impact by raising levels of self-understanding around style and strengths, understanding of others with different styles and building a practical, proven set of skills to draw on to create a positive and effective result.”

Interests | Country walks with a well-deserved pub lunch •, Having fun and travelling to experience nature and cultures.



My mantra is ‘Be yourself and bring the best of yourself to the business’

Sharon Knight
Coach and Facilitator



Jane Eames

Jane is an **experienced executive coach and facilitator** with a professional background in the television industry where she produced and directed documentaries and current affairs programmes for the major UK networks, including the BBC, ITV and Channel 4. Using her experience and skills as a leader and communicator, Jane specialises in interpersonal communication and performance to enhance leadership credibility and team effectiveness.

Personal thoughts:

"I firmly believe that we all have the inner resources and creativity we need to produce the outcomes that we want, and I enjoy supporting others to recognise and use their own resources and ingenuity to achieve results. In working with groups my goal is to tap into the knowledge and wisdom that each person brings in a way that enhances the collective learning experience, and I encourage experimentation and appreciation of 'mistakes' as significant steps in discovering something new."

Interests | Travel • Tennis • Yoga • Creative doodling



I firmly believe
that we all have the
inner resources and
creativity we need to
produce the outcomes
that we want

Jane Eames
Executive Coach & Facilitator



Julia Brown

Julia is a clinician by background, **CEO** in the third sector and a **coach & facilitator**. She has a broad experience in leading, developing and **coaching multi-disciplinary teams** and individuals across health, social care, education, retail, finance and charities. Her primary focus is in supporting the development of **high performing teams** by enabling active listening, building trust and truly understanding the reality through effective engagement with users of services, staff, within teams and across organisations, systems and wider community.

Personal thoughts:

"I am passionate about meaningful, inclusive, collaborative leadership and the positive impact that is possible. My focus is to help create supportive and effective cultures where people experience joy, learn, develop and deliver results. This takes time, imagination, commitment and partnership, diverse thinking and understanding that people and organisations exist within complex systems. I have a deep belief, based on experience, that it is possible to make things better. Often far more than many think possible.

Interests | Walking with Percy our Labrador, Tennis and Weaving



Teams work when
leadership is
confident and
empowerment is the
basis.

Julia Brown
CEO and Executive Coach



John Earls

Prior to becoming a Mindfulness and Wellbeing lecturer, John worked in the corporate law space. He was **leading teams to achieve incredible results** but suffered from burnout due to the demands of his job. His personal experience was that Mindfulness helped to reduce the symptoms he was facing to such an extent he was able to continue a high level of performance in that stressed environment.

Personal thoughts:

"I have obtained an MSc in Mindfulness and Compassion and am currently working on a PHD that is investigating how mindfulness and yoga can prevent burnout in the corporate world. In addition, I have been trained to the highest standards of leadership coaching and I work with executives to get the most out of them and their teams. What matters to me is getting results by addressing the fundamental layer of our Goodfoot pyramid, namely the wellbeing and resilience of our people."

Interests | Yoga • Surfing



What matters to me is addressing wellbeing and resilience of our people

John Earls
Mindfulness and
Wellbeing Lecturer



Debbie Harris

Debbie has **extensive experience as an HR consultant, leadership coach, leadership facilitator and mentor.** Debbie is motivated by her passion for people and her desire to see her clients thrive. Having worked in senior roles across multiple sectors, including at the John Lewis Partnership and BSI, Debbie is skilled at delivering future-focused people strategies. She is particularly talented at developing happy and engaged workforces to give businesses real competitive advantage. Debbie has a natural aptitude for understanding people. As a coach and mentor, her warmth and empathy give her clients the confidence to push themselves to fulfil their most ambitious goals.

Personal thoughts:

"I am passionate about leadership transformation and working with leaders who want to push and stretch themselves to fulfil their highest goals. I am naturally curious about other people and what makes them tick, I believe that everyone with the right support and development has the potential to do something more, better, or different. I believe compassionate leadership is the key to happier and more engaged workforces."

Interests | I thoroughly enjoy walking in the Lake District, especially if there is the promise of an afternoon tea at the end of it. I love spending time with family and friends and watching my children William and Edward grow and develop



I am passionate about leadership transformation and working with leaders who want to push and stretch themselves

Debbie Harris
HR Consultant & Leadership Coach



Prash Kotecha

Prash is a **wellbeing and conscious leadership consultant**, trainer and speaker, with over 25 years' experience **working internationally** with both global and local businesses in banking, technology and other sectors.

Combined with his longstanding corporate and business background, Prash's extensive experience in **wellbeing practices, peak performance, and emotional intelligence**, has resulted in a unique style of coaching, training and consulting that blends unconventional wisdom with real-world pragmatism.

Personal thoughts:

"My longstanding experience in peak performance, wellbeing practices, emotional/ consciousness intelligence and metaphysical techniques, has resulted in a unique style of coaching, training and consulting that blends wisdom, applied psychology, neuro-leadership and psycho-spiritual insights – all with ever-present real-world workplace pragmatism."

Interests | Mindfulness & reading



I turn mindfulness into a pragmatic skill for leaders to build the well being and performance of their teams.

Prash Kotecha
Mindfulness and Leadership Coach



Catherine Serusclat

Catherine is an experienced **career coach, L&D consultant and facilitator**, passionate about seeing people grow and achieve their career and life goals. With **more than ten years of experience working in talent management for global companies**, she has built a wealth of knowledge and insight into designing and implementing talent development programmes at all levels of the organisation. Her areas of expertise are **early talent development, personal growth, career development and mental health**. Her warm, authentic and pragmatic approach enables her to build strong relationships and make change happen. She can design and deliver content in French and has **experience working with multicultural teams**.

Personal thoughts:

"My mission is to empower others to find a career that makes them happy and build a fulfilling life, by helping them grow their self-awareness. I want to support organisations who believe in their people development responsibility so that we can accomplish this mission together.."

Interests | Impressionism • Urban Photography • Contemporary Dance • Travel



Bringing a wealth of experience to help other focus on their success.

Catherine Serusclat
Consultant and Facilitator



Agata Perepeczko

Agata is a **highly experienced business psychologist and a coach**. Agata has been focused on supporting clients with building their resilience for the last 15 years. Projects she is most proud of include supporting organizations and individuals deployed to hostile environments (such as war zones or emergency states), creating impactful L&D initiatives for the leadership population, and most recently helping key workers with rebuilding their resilience, motivation, and engagement. Her experience includes working with PwC, NGOs, the public sector, NHS as well as corporate clients.

Personal thoughts:

"Most of my work is based on the Positive Psychology approach. When working with clients, it is important for me to support them with the identification of their enablers and disablers –what helps and what might hinder the growth process. As a psychologist, I understand the importance of continuous learning not only for our performance but also for our health and resilience. Since completing my MSc in clinical psychology, I have been fascinated with the brain's neuroplasticity and how learning can improve that function."

Interests | Travelling and exploring new cultures • Hosting parties and cooking for family and friends



The Positive Psychology approach with the identification of their enablers and disablers

Agata Perepeczko
Business Psychologist
and Coach



Deborah McCormack

Deborah is an **accustomed business advisor in the field of Learning and Development, Organisational Change, People Strategy and Culture**. Deborah has a background in business psychology and has spent her career working as a senior advisor for a large multinational consulting house. She focusses on enabling top teams, and helps to work with the team to strategically review their whole organisation. Helping businesses across all sectors and around the globe, Deborah is an expert advisor on how to help people navigate the murky waters of complex transformational change through the Kaizen methodology of engagement and involvement.

Personal thoughts:

"I believe that in a successful organisation people do the right things, the right way. They know exactly what is expected of them and passionately want the enterprise to succeed. My approach always combines an understanding of people and psychology with a pragmatic business focus. I have had the pleasure of working with some of the most amazing top teams and people within organisations – and it never ceases to amaze me that with the right structure, organisation and people-logic just how much we are all able to achieve to obtain our goals. Listening to people and making any changes as meaningful and painless as possible really helps to mobilise and enable teams for future prosperity."

Interests | Painting • Learning • Running • Yoga • Buddhism.



I believe that in a successful organisation people do the right things, the right way

Deborah McCormack
Business Advisor

About Goodfoot Development

Goodfoot is dedicated to helping you create a well- balanced, positive and highly performing workplace.

Founded in 1998 we have developed 10,000's of individuals across the globe, from executives to front line staff. Our dedication and focus is in providing the most effective and appropriate learning experience for the organisations we work with.

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CULTURE

Establishing a strong sense of cultural identity

DIRECTION

Building leaders who deliver clear purpose and goals

ENTERPRISE

Developing managers who are able to ensure organisational performance

ABILITY

Enabling performance by developing a strong skill-set

DESIRE

Establishing the desire to perform by ensuring personal wellbeing

