



bio • cathy walton

Cathy chose the path of business psychology 25 years ago and since then has practiced as a coach, consultant and facilitator at the heart of a diverse range of industries, organisations and partnerships. Prior to creating her own practice she was a board director for 8 years at Nicholson McBride, a niche London based business psychology consultancy. Between 2012 and 2016 she had the role of Chief Creative Officer and was part of the Executive team for the Mind Gym, with overall responsibility for the creation of its points of view and the quality of all supporting products and solutions. She chaired its Academic Board made up of psychology professors ensuring robust design of solution.

Her clients have recently included TUI Travel Group, Sodexo, Aviva, Versace, Christie's, easyJet, TIAA, KPMG, The Telegraph Media Group, CMS Camerons. Cathy's heart lies with working intimately with leaders. She is known for being intuitive, challenging and not colluding, business focused yet also holistic, direct and warm. She is results-focused, whatever that looks like to the individual and the organization, and believes that confidence and self-awareness are the key to success as a leader. She draws on a broad toolkit to get to the heart of what will achieve the best results both for individuals and for leadership teams.

Cathy earned a Bsc Honours degree in Psychology from Nottingham University and continued to work there as a researcher three years after finishing her degree. She is a member of the British Psychological Society and the BPS Special Coaching Group, the Association of Business Psychologists and the Association of Coaching. She is qualified in 'Brief' Solution Based Coaching and has a post-graduate diploma in psychodynamic counseling in the workplace. Cathy is a qualified Executive coach with Meyler Campbell and coach supervisor with the Bath group. She is qualified to use Hogan Derailers, MBTI, FIRO B, Realise 2 and is a qualified NLP practitioner.

Cathy relaxes by hiking national trails, belonging to a cook club and trying (and failing) to earn cool points with her two teenage daughters.

