



## bio • nell montgomery

Nell is a qualified psychoanalytic psychotherapist and Executive Coach. She is British and based in London but has lived and worked in New York, Los Angeles and India. She has a client base that includes investment bankers, lawyers, and senior executives in manufacturing industry and technology. She works throughout Europe and across the African continent with organizations that Barclays Bank, JP Morgan, Expedia, Danone, and Freshfields LLP.

Nell's interest in the human elements of organization grew from her ten-year career in investment banking. Following her graduation in 1994 from Newnham College, Cambridge, where she attained a double first in Social and Political Sciences, Nell joined Goldman Sachs's Equity Division in London. She worked as an institutional equity sales trader both in Goldman's London and New York offices and established a new sales trading business in Canada. She returned to the UK in 2001, as Managing Director and member of the Board of Investec Securities UK where she led the institutional sales and trading side of the business. At Investec, as part of Organizational Development, Nell began work as an internal coach. Inspired by the experience, she left banking in 2004 to train as a Psychoanalytic Psychotherapist at The Bowlby Centre in London. She subsequently qualified as an Executive Coach in 2012.

Nell is particularly interested in attachment and relational issues in the work place as well as resilience and diversity issues at work. At The Preston Associates she has worked with a clinical psychologist to develop an innovative approach to assessing and improving the resilience of senior professionals while at Goldman Sachs, Nell was a founding member of the Women's Network in London and then also a founding member of the Diversity Committee, in New York. In her coaching of senior women Nell has worked extensively with Imposter Syndrome and with re-boarding women back into work after maternity leave. Nell is currently supervised in her coaching work by Susie Orbach, who is a leading psychoanalyst and writer on women's issues. Nell also continues her work as a psychotherapist in the National Health Service and for the world re-nowned Pottergate Centre for Trauma and Dissociation in Norwich, England.

In her leisure time, Nell sails and runs a smallholding in North Norfolk, England. Nell also has a keen interest in entrepreneurship. She has founded, run and sold two successful businesses including an award-winning pork pie company.

