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## Frances Grant

Frances Grant BA is a qualified coach and trainer, with a background of 35 years in the communications industry – both in live studio direction for BBC national television news and current affairs, and in writing and editing for major publishing ventures such as the Dictionary of National Biography.

Alongside her paid career Frances has worked tirelessly in her spare time at her other passion, coaching. She was a trained counsellor and workshop leader for a national voluntary agency for 18 years. In 1994 she began developing as a trainer, workshop designer and qualified coach, which is now her main career.

Frances specializes in working with small to medium-sized teams, as well as individuals. She provides intensive formats for powerful and long-lasting results, in the fields of personal and professional development, creativity, stress-busting, psychological coaching, performance coaching, leadership, self-esteem empowerment, and a deep understanding of motivational states.

Quotes from client feedback include: "Frances worked with energy and enthusiasm, sensitivity and intuition..." "I found the material had very clever touches and it worked marvellously." "Frances was wonderful... highly skilled, with a genuine presence."

A former council member for the Association for Management Education and Development, Frances is a member of the Association for Coaching and several other professional organizations. She lives in Aberdeen and London with her husband Adrian, with whom she shares a love of gardening, travel, and music.

## Profiles

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gain growth; to advance; to progress; to reach; to win (over); gainful; profitable; advantageous; devoted to gain



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