



# Sarah Myatt

## Principal

**Contact:**

smyatt@nextsteppartners.com

**Education:**

- B.A. HONS Geography (2:1), Oxford University
- MSc Executive Coaching (Distinction), Ashridge Business School
- BSc Psychology (in progress)

**Certifications:**

- Immunity to Change
- Minds at Work
- Coaching for Organizational Consultants, Ashridge

**Selected Clients:**

Aldi, dunnhumby, Creative X, Newton Europe, Gilead Sciences, Janssen Pharmaceuticals, AB Agri, Origami Energy, National Grid, Rubrik, Awin

Sarah is passionate about supporting clients to take a step outside of their comfort zone to allow more of their authentic self to be seen by others and to discover the increased freedom, business performance and fun that can be experienced at work as a result.

Sarah is fascinated by our ability to go through life without ever really acknowledging or questioning the unwritten rules, beliefs and assumptions we are living by. In her coaching practice Sarah enjoys working with clients to discover what is possible when we choose to stop and explore our thinking and question why we do what we do and discover the choices we have in front of us and what might be possible if we stop, question and try something different.

Sarah combines insightful questions and deep listening to create space for clients to reflect, have time to think and discover new insights that will enable them to perform at their best and, in turn, deliver increased business results.

She has coached senior business professionals and emerging leaders of global, commercial and technical teams (including Retail Buying, Retail Operations, Retail Property, Data Science, Media, Data Management, and Finance) both in the UK and internationally in the areas of leadership development, business performance improvement and career development.

Sarah has a BA Hons (2:1) in Geography from Oxford University and has both a Certificate in Coaching for Organizational Consultants and an MSc (Distinction) in Executive Coaching from Ashridge Business School (Hult).

Sarah worked for 15 years as a senior executive in an international big data consultancy and also built and managed global, UK and US-based commercial, data, analysis and media teams.

