



## Adrian Lock

England, UK

### OVERVIEW

Over nearly 30 years, Adrian has coached hundreds of leaders and worked with over 30 top teams to develop their effectiveness, focus their strategies and build their resilience. He brings a combination of calm, compassion and challenge to his work. His clients have described his facilitation skills as world-class. He has worked with clients in the UK, Europe and South-east Asia across the private, public and not-for-profit sectors and is a former Director of Roffey Park's Strategic Leadership Programme. In 2020, he founded the Deeper Leaders Collective with a mission to develop leadership in organisations and communities for a kinder, fairer and more sustainable world.

Whether he is working at an individual, top team or at organisational level, he loves to ask the questions leaders frequently neglect when caught up in the 'tyranny of the urgent' - questions that, when explored, can unlock the secrets to sustainable success.

### COACHING STYLE

Adrian is a qualified executive coach of senior leaders, mainly at Chief Executive and Executive Director level. His coaching clients describe his approach as calming, centring and compassionate. They value his ability to take them to a deeper level to build both confidence and resilience. His default style is learner-centred, but his clients also value his ability to bring in a model or concept at just the right time, to help make sense of their experience and to plot a way forward. He approaches his clients' issues and challenges in a holistic way, helping them achieve balanced success over their whole lives and not just at work.

### QUALIFICATIONS

- BSc (Hons) Biology-Ecology, University of Durham
- Diplomas in Performance Coaching, Training Management and Workplace Mediation
- Foundation Certificate in Co-active coaching, CTI
- NLP Practitioner
- Certificates in Counselling Theory and Practice
- Use of psychometric instruments: MBTI, Firo-B, HPI and Hogan Development Score (HDS)
- Chartered Member of the Chartered Institute of Personnel & Development

### FAVOURITE BOOKS

Too many to choose from! Complex Adaptive Leadership - Nick Obolensky; Who do we choose to be - Meg Wheatley; Falling Upwards - Richard Rohr and Naked Spirituality - Brian McLaren are near the top of my list...