

Pooja Sachdev

223 Archway Road, London N6 5BN / pooja_sachdev@hotmail.co.uk / +44(0)7957584492

- An experienced consultant with a 15-year track record of enabling positive outcomes for individuals and organisations
- Has worked with a wide range of individuals, from PhD students and school teachers to nurses, lawyers and senior banking executives
- Experienced in the private, public and charity sectors, ranging from small community-based organisations to large multi-national corporations in banking and pharmaceuticals
- Qualified in Occupational Psychology, Counselling and Coaching
- Passionate about helping people to find meaning, identity and authenticity, and bringing out the best in people, groups, relationships and teams
- Has lived in three countries, and brings a fresh, diverse and insightful perspective to her work

Specialisms:

- Engagement and well-being at work
- Working with diversity and creating inclusive cultures
- Working across cultural differences and transition
- Coping with bereavement, long term illness and loss

Previous Work Experience:

- Group Organisational Development (OD) Senior Specialist – HSBC (2010 – 2013)
- Counsellor, Camden City Islington and Westminster Bereavement Service (2010 – 2013)
- Life Coach, Pauls Cancer Support Service, London (2012 – 2013)
- Consultant (Human Capital Group), Towers Perrin, London (2008 – 2009)
- Senior Policy Officer, Organisational Development, Commission for Racial Equality (CRE), London (2007) (fixed term contract)
- Consultant, Employee & Social Research, TNS (Taylor Nelson Sofres), London (2002 – 2006)
- Executive, Group Marketing & Strategic Development, Thomas Cook, London (2000 – 2002)

Qualifications:

- MSc (Merit) in Occupational Psychology, London (2006)
- MA (Merit) in Integrative Counselling, London (2011)
- BA in Psychology, USA (1999)
- Advanced Coach Training, Analytic-Network Coaching (2014)
- Certificate in Personal Coaching, The Coaching Academy, UK (2008)

Affiliations:

- Member of the British Psychological Society (BPS)
- Member of the Association of Business Psychologists (ABP)
- Member of the British Association of Counselling & Psychotherapy (BACP)
- Psi-Chi Psychology Honour Society, USA