

Betsy Reed

Team Coach



Experienced in working with

- › Tesco
- › Coca Cola
- › HP Enterprise
- › BT Openreach
- › Mars Petcare
- › Cambridge Institute for Sustainability Leadership
- › Government of the UAE

Qualifications

- › Level 5 Certificate in Leadership from Institute of Leadership and Management
- › Qualified Mindfulness Coach
- › UK Top 50 Green Champion

Betsy is a leadership advisor and sustainability expert with a career spanning over 20 years, and five continents. She has directed major national advocacy campaigns, served as the leader of a national fair-trade organisation, worked with the world's largest food company, and held Director-level positions in prominent communications agencies.

With twelve years (and counting) as a management consultant, Betsy brings extensive knowledge in behaviour change communications, neuroscience, governance, and leadership.

She holds qualifications in leadership and mindfulness, two degrees in politics, and has nine years of experience as a somatic movement coach.

Betsy's goal is to help others achieve genuine, measurable impact while fostering a culture of authenticity and humanity. Her approach is playful, welcoming, and infectious, driven by the belief that progress is faster and more effective when the process is enjoyable.

Client View

"I thoroughly enjoyed the sessions Betsy led for all of the Tesco Colleague Network Chairs and the D&I team. I know Betsy always strives to make her workshops fun, and they often felt like a really enjoyable conversation, in which we actually discussed and accomplished a lot. They were skilfully created and facilitated in a way that meant all of the Chairs were able to really open up with one another about why we are involved, what we do, and what we care about – and I think that's something really powerful, so thank you for making that happen but in such a natural way!"