

HUMAN INTELLIGENCE FOR PERFORMANCE SPECIALIST & TEAM COACH



Cate Gregory

Cate is passionate about unlocking potential and fostering growth in individuals and teams. With over 20 years of experience in marketing, including executive and senior leadership roles, she transitioned into coaching to share the transformative power she experienced firsthand.

Her journey from overcoming a lack of confidence and self-limiting beliefs to rising to the top of her field inspired her to help others achieve their own breakthroughs. Drawing on extensive leadership and commercial experience, Cate brings a deep understanding of team dynamics and the challenges leaders face.

With extensive leadership and commercial experience, Cate's coaching practice is informed by real-world insights into what drives success. She combines her expertise with a wide array of coaching techniques and tools, carefully tailoring her approach to suit each client's unique needs. Whether working with individuals or teams, she creates a supportive yet challenging environment that fosters growth, confidence, and lasting transformation.

Proud to work with senior teams in

- › MARS
- › Britvic
- › Siemens
- › B&Q

Qualifications

- › Senior Practitioner – European Mentoring & Coaching Council (EMCC)
- › Team Coach Practitioner - EMCC
- › Institute of Leadership & Management (ILM) qualified coach
- › Barefoot Team Coaching Practitioner

Client View

"Cate was extremely professional and really got us thinking about our day-to-day actions and how we can grow our people. The sessions will no doubt make us stronger leaders going forward."

Impact from a recent programme

- › Coached senior leadership teams to create and deliver a communication plan, aligning their actions with employee needs and fostering trust
- › Conducted focus groups and forums to gather employee feedback, providing insights into organisational and leadership dynamics
- › Enhanced morale, motivation, and retention by ensuring employees felt heard and saw actions taken in response to their feedback