

Gareth Cornwall

Team Coach



Experienced in working with

- HM Government
- Swissport
- Ryanair
- British Airways
- Samsung
- Nortel
- GANT

Qualifications

- Certified Principal Business Psychologist (ABP)
- Accredited CBT psychotherapist (BABCP)
- Accredited to deliver: MBTI (1/2), 16PF, Firo-B, ESCI, EJI, TKI

Gareth's work is centred on supporting individuals, teams, and organisations to reach their full potential and achieve meaningful success.

Gareth's approach stands out through his emphasis on building trusting relationships and deeply understanding the values, norms, beliefs, and behaviours that influence high-performance.

With this foundation, Gareth identifies the factors that enable success and the barriers that hinder it. He draws on a diverse range of tools from management consultancy, coaching practices, and psychotherapy to explore deeper insights and gain a comprehensive view.

Having worked across a variety of sectors, Gareth specialises in developing culture and leadership to drive high-performance. He believes that by fully harnessing human intelligence, organisations can achieve long-term, sustainable results and create dynamic, inspiring teams.

Client View

Gareth's work to support our focus on continual improvement and excellence has encompassed assessment and development of organisational culture, leadership and strategy. The quality of his inputs and coaching has been extremely valuable at a time of dynamic change and development in the business."

Colleague View

"I have worked with Gareth on a number of programmes. Aside from being one of 'smiliest' and most positive people to work with, his deep understanding of the client, the person and the need is a continual inspiration. He is always prepared to be fully in the moment with both individuals and groups, whilst holding deep technical expertise with which to guide and explore."