

Remi Adebonojo

Team Coach and Human Intelligence for Performance specialist



“I use a fitness tracker that acts as my personal coach, guiding me to achieve high performance in my daily activities. It’s not just about tracking steps or calories; it provides insights and motivation that keep me aligned with my fitness goals. It’s essential for maintaining my overall wellbeing and keeping me focused on becoming my best self. When I look at it on my wrist, I know I’d be lost without it, much like how some people rely on their team or executive coach.”

“Throughout my 25-year career, I have achieved numerous accomplishments as a seasoned leadership, team coach, and organisational change practitioner. I have delivered multi-million-pound complex change programs for major investment banks, unlocked cultural change for a multilingual supranational body, designed and run diversity and inclusion programmes to reduce corporate blind spots, and assisted teams and individuals in unlocking their potential to achieve higher performance.

My solution-focused approach is underpinned by a growth and agile mindset that enables me to identify patterns, create genuine connections and develop creative solutions to drive growth.

My extensive background includes multiple roles as a Programme Director, Chief Risk Officer, management consultant, and leadership and team coach.

My ultimate goal is to empower individuals, teams, and organisations to articulate and achieve their goals, become more effective, and perform at the highest level.”

Client View

“Participating in a team strategy retreat run by Remi was an enjoyable experience. He had a knack for reading the room and keeping everyone focused and engaged. His utilisation of tools was seamless as if they were an extension of him. He proved that team coaching sessions could be enjoyable, thought-provoking, and goal-oriented at the same time.”

Colleague View

“Remi brings the word dynamic to life; he has a positive attitude and is full of energy and new ideas. Working with Remi means there is never a dull moment; he also has the ability to shine new energy, which often unlocks new perspectives.”

Qualifications

- International Coaching Federation (ICF) - PCC Coach
- European Mentoring & Coaching Council (EMCC) – Senior Practitioner
- Erickson Coaching Diploma
- University of Oxford – MSc Consulting & Coaching for Change