

Casey Fuke

Human Intelligence for Performance Specialist



“My pillow is essential for driving high-performance to me as anything is possible after a good night's sleep. Having operated sleep deprived as an Army Officer and as a Mother I know the world looks a very different place with 8 hours in a comfortable bed behind you.”

“I’m Casey, a Leadership and Performance Coach, Mediator, Facilitator, psychology enthusiast and Army Officer.

Before stepping into my portfolio of Human performance related roles I served around the world with the Army Air Corps for 10 years forming my passion for people. I now live in Wiltshire with my young family, where walking the dogs, playing netball, skiing and running are my version of fun.

While the appeal of navigating the skies seemed fun, I quickly realized my curiosity lies in the complex landscape of human psychology.

Opting out of military aviation training to work closely with people has let me focus on understanding high performance and stay grounded. Specializing in human intelligence for high performance offers unique experiences because every individual, partnership, and team is so distinct.”

Client View

“Casey has helped me to explore the full potential of leaders, teams and individuals at my organisation and beyond, which again, is down to her focus on skills and capability that can be adapted and transferred“

Colleague View

“Whether it's working with leadership teams, wider groups or personal coaching and mentoring, Casey makes organisational development personal, and fun. It's never a dull moment and people are rarely sat listening. She gets people to own their own development goals and pays great attention to the rigour of session design and outcomes.”

Qualifications

- PG Diploma in Positive Psychology and Coaching Psychology.
- EMCC Accredited Leadership Coach.
- Mental Resilience Trainer
- NLP Practitioner

[Watch Casey's introduction video here](#)