

Cate Gregory

Team Coach and Human Intelligence for Performance specialist



“This is my Kindle. It holds thousands of books; I have a passion for reading because, as the philosopher René Descartes said, “The reading of all good books is like a conversation with the finest minds of past centuries.”

“I am 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, I transitioned into coaching to share the transformative power I experienced firsthand.

My journey from overcoming a lack of confidence and self-limiting beliefs to rising to the top of my field inspired me to help others achieve their own breakthroughs.

My extensive leadership and commercial experience inform my coaching practice, allowing me to understand team dynamics and the challenges leaders face.

I use a wide array of coaching techniques and tools, tailoring my approach to meet each client’s unique needs.”

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.”

Colleague 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.”

Qualifications

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

[Watch Cate’s introduction video here](#)