

OLIVIA BELLAS - COACH

I PARTNER WITH PEOPLE TO TURN IDEAS INTO REAL-WORLD ACTION

ME@OLIVA-BELLAS.COM

+44 [0] 7773 691 524

WWW.OLIVIA-BELLAS.COM

WWW.LINKEDIN.COM/IN/OLIVIABELLAS/



"It gave me a lot, especially in terms of experiencing what it feels like to be in the coachee's position. A well-designed and precise experience!"

L&D Shakers Group Coaching session online

"Your session was probing, inspiring, enlightening, professional and enjoyable. It left me with so much food for thought. Life is a big journey: we don't necessarily know which way it's going to take us, but it's helpful to have a compass to help navigate through the tricky territories and keep us going in the right direction. That's how I can best sum up your coaching session with me!"

Individual coaching

My Values Connection / Discovery / Simplicity

Coaching Focus

Impact > The change you will see; **Having better conversations** - getting comfortable using clear language to increase collaboration and shared focus. **Imaginative thinking for work products & services and life goals** - unlocking the 180 perspective within you to improve confidence and make bold ideas happen.

Individual > This is future focused work: I provide a reflective space to unpack and organise thoughts about your personal & professional tracks. I specialise in supporting those transitioning into a new post or new ways of working. You'll have time to think deeply whilst working through goal setting & strategies for change.

Group > Having worked across private and public sectors; L&D, Arts/Culture, EdTech, Charity, Government, I understand that it's people at the centre that leads to the biggest impact. I also group / team coach, setting up structure and safety to enable others to support each other through the *Action Learning* method.

Play > I bring an experiential process alongside verbal conversation. Coaching is enjoyable & transformation can also happen when we move away from screens and seats. Tools we can try, other ideas welcome;

- Lego Bricks - Creating models to 3D print your thoughts, increasing clear communication
- Walk & Talk - In person or remotely to allow for movement and outside stimulus to inspire
- Visualisations & Listening Practice - Guided exercises that help access fresh perspectives

1:1 Coaching Programme

What? 50 min x 12 sessions at £1200, weekly or bi-weekly.*

Why? I want to support you if you are ready to commit to turning ideas into real word action.

How? Let's have an initial 30 mins so we're clear on the coaching I offer and invite you to think about:

- What goal would I like to achieve?
- How am I Making space to focus on it now?

Book in a connection call with me or email direct: me@olivia-bellas.com

*Pricing available until February 2026. I'm currently offering 50% discount for self employed people. I also offer open ended coaching without set frequencies. Individual session rates differ.

My top 5 'clifton strengths': Connectedness/ Strategic/ Ideation/ Intellection/ Responsibility
I can help you understand yours for better connection to people across work and closer to home.

Key Skills: Effective Communication & Influencing / Tools & frameworks for Business Coaching /Imaginative thinking using the science of play/

Certifications & Tools

- Certified Relational Dynamics Coach [ILM Level 7 equivalent] for individuals
- Certified Action Learning Facilitator for groups
- Certified Community MBA
- Video Conferencing & Virtual Facilitation [Zoom, Google, Teams, Butter]
- Business & Performance Tracking Systems [Asana, Notion, 15Five]

Bio - Experiential Coaching

I coach clients worldwide to communicate with clarity, think imaginatively, and create strategies that turn ideas into action. I support the shifting of perspective to make bolder decisions.

I've moved often between staff positions and self employment across my 25 year career so understand work transitions well. I get organisational dynamics through my time working at large institutions - at the Mayor of London's Community Engagement Team I experienced how to think laterally to tackle silo working.

I am comfortable guiding through change having run learning programmes at Apolitical to serve a global community of decision makers at C Suite. With Deloitte, my team won an award for a huge digital transformation piece of work where I coached dispersed teams to better communicate.

My portfolio career has spanned government, edtech, the arts and I share my entrepreneurial and imaginative lenses to enable collaborative and unique projects to develop. Traveling and using my Spanish is becoming more important to me as well as making time to dance.

Alongside coaching, I facilitate training, strategy workshops, mentoring programs

- A quick snapshot of my facilitating approach [Video Reel - 1 min](#) Take a look at my [Linkedin](#)
- [ILM Member](#) - Institute of Leadership Management & [IAF Member](#) - International Association Facilitator & [FRSA](#) - Fellow of the Royal Society of Arts