

# OLIVIA BELLAS - COACH

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

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*"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 make space to focus on it now?

**Book in a free 30 min coaching connection call with me  
or email direct: [me@olivia-bellas.com](mailto: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
- Action Learning Facilitator for groups & 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 aswell 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**
- **ICF Member** - Coaching Federation t & **IAF Member** - International Association Facilitator &
- FRSA** - Fellow of the Royal Society of Arts