

Better decisions lead to better results! Helping people be more successful by consistently taking better decisions is Judith Krichefski's forte



Judith Krichefski is a highly experienced and sought after coach supervisor, executive coach, and Mental Toughness specialist. She has a reputation for enhancing personal leadership to achieve sustainable, positive results and personal as well as business success. Judith has an extremely varied professional background. She first gained a reputation for building strong teams in the hotel business in Switzerland and went on to develop and sell 3 businesses of her own. Judith has worked at a strategic level within both small and large organisations. She has first-hand experience of implementing different business models, and is acutely aware of the effects of organisational culture on an individual's perspective.

Over the last 15 years, Judith has won awards for coaching over 1000 executives, Boards and senior management teams in Corporate and Third Sector in the fields of Development, Health, IT, hospitality, the media, and food manufacturing to achieve goals, improve profitability and productivity and accelerate business growth. She brings energy and passion, introducing a 'can do' culture to help managers and leaders get the best from their workforce. Judith has also worked as company coach to facilitate several major change management projects. Recent work includes Mental Toughness development programmes for the Board of a major London PCT and for a Directorate within the Probation Service.

The excellent results her clients enjoy are demonstrated by the fact that over 95% of her work is repeat business or referral. Clients report results such as *"During my coaching with you I feel that I have benefited enormously in terms of personal understanding, improving my confidence and how I can interact and influence others."*

Judith is an inspiring, supportive, and encouraging Facilitator who motivates people to take actions and create results. By adopting a pragmatic and challenging approach Judith helps clients to identify their values and to set clear measurable goals leading to sustainable results and organisational success. Her coaching is based on a great zest for life and a strong belief in the enormous potential of each individual.

Judith is also one of a small number of **Accredited Coach Supervisors** and succeeds in helping Executive Coaches to develop their skills and their coaching practices.

Judith's coaching specialities include:

- **Building Leadership skills and delegation**
 - **Nurturing and developing Mental Toughness**
 - **Vision, purpose, mission and strategic planning**
 - **Managing priorities and time**
 - **Problem solving and decision taking**
 - **Communications, gaining rapport, managing conflict**
 - **Empowerment – Building confidence and self belief**
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Judith is also currently a non-executive director of Yarrow, an organisation in the Third Sector offering services to people with learning disabilities. Their mission is to improve the quality of life of their service users.