

Vonnie Alexander

Executive Coach

Team Coach

Board Performance Reviewer



About

Vonnie is an outstanding coach and draws readily and consistently from her rich experience in business, and from a long-established interest in people, their development and in building high performing teams.

Her track record of running and selling successful businesses in the media, marketing and communications industry makes her strong commercially combined with excellent entrepreneurial instincts.

Her style is a powerful combination of emotional intelligence, empathy, astute wisdom, and compassionate candour. Whether the content is challenging or uplifting, Board, individual or team sessions are always safe, stimulating, and instructive. She is calm, agile, steely, and quick thinking – unflappable and not fazed by much.

She has held Board positions for the last 25 years, beginning with her own start up and extending her reach into Advisory Boards for charities, venture capital funds and as an NED. She knows that the Board can be a force for good with the right inputs and composition and that critical feedback is essential to delivering ongoing success.

Vonnie's Approach

Working with Boards, Vonnie is sensitive to the complex nature of their work, the importance of team dynamics and the need to focus on the right areas to deliver clear and usable insights to ensure that the Board Performance Review is both transformative and immediately actionable.

With teams, she begins with thorough diagnostics before working with the team in a systemic way to address any issues. This can often involve working on trust, communication, collaboration, behaviours and values. She believes that great teams become self-sufficient and learn to regulate themselves after a period of team coaching.

And for individuals, coaching is a gift, an opportunity to explore, to be curious, to create awareness and to challenge assumptions or limiting beliefs. A successful coaching engagement results in better self-awareness, clear purpose and direction and the means to get there.

Education, Qualifications and Professional Positions

BA (Honours) French Studies, The University of Warwick
 Coaches Training Institute, Certified Co-active Coach
 Organisational Relationship Systems Coach
 Myers Briggs accredited
 ICF PCC accredited
 Synergy Vision Holdings NED
 Two Magnolias Venture Capital Advisory Board Member

Client Sectors

Advertising & Marketing
 Charity
 Financial Services
 Media
 Professional Services
 Pharma
 Private Equity
 Publishing
 Retail
 Technology
 Transport and Infrastructure
 Travel

Contact

Mobile
 +44 (0)7815 056383

E-Mail
 vonnie.alexander@praesta.com