

KATE OATES ELEVATE COACHING

Executive Coach | Former Leader | Creative Thinker

Specialist in Leadership & Transitional Coaching

Coaching Style

Kate's coaching is grounded in real experience. She's led teams, managed complex client relationships and delivered whole-agency outcomes; taking a client's brief, uncovering what they *really* wanted, and bringing people together to deliver (and then measure and evaluate it) on a national scale.

Years in fast-paced leadership taught her how to listen deeply, read between the lines and unite different perspectives.
Skills that now sit at the heart of her coaching style.

Person-led coaching that's human, dynamic & deliberately spacious. Kate uses silence to invite depth, metaphor to spark perspective & visual or movement-based tools to help the brain think expansively.

Having studied human behaviour and trained in Cognitive Behavioural Coaching, NLP, appreciative coaching and strengths work, she brings both depth and strategy to her clients. With two decades in activation, planning and execution alongside her natural collaborative style, Kate has lived the reality of pressure, pace and people, and now helps professionals navigate change strategically.

Coaching Services

- **Leaders, Management & Rising Stars** navigating growth or transition: Supporting emerging & senior leaders to enhance strengths, communication styles & decision-making.
- **Organisations** seeking human-centred executive & leadership support for existing & new teams.
- **Transitions:** C-Suite succession, promotion, return-to-work, retirement & other pivotal chapters.



Experience + Credentials

- ◆ **19 years** in corporate media agencies
- ◆ **6 years** in Leadership (London & Manchester)
- ◆ **Certified** Executive Coach (CCE & ICF-aligned), 2023
- ◆ **Volunteer Coach** at *Queen Bee Coaching* since Sept 2024
- ◆ **125+** paid hours | **Supervision** every 15 hrs | Ongoing **CPD**
- ◆ Experienced in redundancy, confidence & change navigation
- ◆ Trauma-informed, **neurodiversity-aware**, **inclusive** practice

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“Kate brings out your strengths & normalises the everyday challenges of operating at a senior level. She uses humour with purpose - you'll leave a coaching session lighter, clearer & unexpectedly energised”

— C-Suite NHS

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