

# Anne Welsh

Consultant

 [info@synthesis-in-the-city.com](mailto:info@synthesis-in-the-city.com)

 +44 (0)796 843 9344

 5 The Green, Mistley, Essex CO11 1EU

 [Anne Welsh LinkedIn](#)



## SKILLS

- Effective communication
- Group facilitation
- Course design
- Empathic resonance
- Raising awareness
- Reflective cognition
- Motivation

## CHARACTERISTICS

- Authenticity
- Integrity
- Innovation
- Ambition
- Determination
- Productivity
- Enthusiasm
- Intuitive

## QUALIFICATIONS

- 2011 MA Creative Supervision
- 2007 Dip. CBT+
- 1996 Dip. Supervision
- 1993 Cert. Group Work & Leadership Skills
- 1992 Dip. Psychotherapy
- 1992 UKCP reg.
- 1989 Dip. Counselling

## PROFILE

I originally trained and accredited as a [UKCP](#) Reg. Psychosynthesis psychotherapist with the [London Institute of Psychosynthesis](#) and then went on to complete a post graduate training in teaching and group facilitation. Whilst completing the post graduate training I also trained at the [Institute of Group Analysis](#).

I have worked with individuals, groups and teams for over thirty years. I founded [Synthesis in the City](#) in 2006, creating a centre offering personal, professional and therapeutic development and providing coaching, executive & leadership coaching, mentoring, counselling and psychotherapy.

Primarily based in London, I have worked in the corporate sector as a Consultant executive coach and supervisor for over 15 years.

Since 2009, one of the inspiring projects I have been engaged in involves training and supervising individuals globally in Developmental Coaching for [Glaxo Smith Kline](#) (GSK). Until the pandemic, I continued to travel extensively for GSK, using my broad cultural experience to enable individuals. I also sit on the coaching panel at [Investec Bank](#) in the City of London. I supervise with and for [NDC](#), working with in-house coaches from the House of Commons.

I am an accredited coach, and coach supervisor with [APECS](#) and [EMCC Global](#), and an accredited training supervisor with [EMCC Global](#).

## CAREER/EMPLOYMENT

### 2000 – Current

*Self employed*

Consultant; Executive Coach; Trainer; Group facilitator; Supervisor.

[Institute of Psychosynthesis, London](#)

Consultant.

### 2020 – Current

*New Direction Consulting (NDC)*

Associate practitioner and consultant course designer and trainer. Design and delivery of in-house coach training for the House of Commons, UK. Consultant, executive coach and supervisor for House of Commons in-house coaches.

### 2018 – 2022

*GlaxoSmithKline (GSK)*

External facilitator for a 1 year 'deep dive' career program working with four business units. Providing course development and design, facilitation for participants exploring potential career transitions. Working deeply and psychologically with areas such as "Imposter syndrome blocks", limiting beliefs and mind sets. Working at personal and organisational levels.

### 2010 – 2019

*GlaxoSmithKline (GSK)*

Course designer, facilitator and supervisor of the in-house coach training for 1500 globally. Course design and delivery of Leadership training for leaders and managers, globally. CPD training for in-house coaches. External executive coach and supervisor to senior leaders.

### 2019 – Current

*Psychosynthesis Leadership Coaching (PLC)*

Online coach, trainer and supervisor. Facilitation of courses which lead to [EMCC](#) Coach accreditation and a PG Cert. in Coaching, validated by [Middlesex University](#).

### 2006 – Current

*Synthesis in the City*

Founder and owner of a centre for personal and professional development offering training; supervision; executive and leadership coaching; executive and leadership supervision and also psychotherapy.

### 2000 – 2006

*Institute of Psychosynthesis, London*

Operations Director.

Trainer; Supervisor; Group facilitator; Psychotherapist; Coach.

# Anne Welsh

Consultant

 [info@synthesis-in-the-city.com](mailto:info@synthesis-in-the-city.com)

 +44 (0)796 843 9344

 5 The Green, Mistley, Essex CO11 1EU

 Anne Welsh LinkedIn



## ACCREDITATIONS

2019 EMCC Acc.Training  
Supervisor


2019 EMCC Acc. Coach &  
Supervisor

2012 APECS Acc. Coach &  
Supervisor

1992 UKCP reg.

## CONTACT

 [info@synthesis-in-the-city.com](mailto:info@synthesis-in-the-city.com)

 +44 (0)796 843 9344

 5 The Green, Mistley, Essex CO11 1EU

 Anne Welsh LinkedIn

## CAREER/EMPLOYMENT CONT.

### 1984 – 1994

*Leigh Fair Retail business*  
Owner and manager of a toy shop.

### 1981 – 1983

*The East West Centre*  
Founder of a pro bono centre 'East West Centre' in Hong Kong. Whilst living in Hong Kong I worked as a liaison officer for people arriving in the colony. I also liaised with local Chinese people and set up an East West Centre for people with an interest in personal and professional development as they entered the colony.

### 1964 – 1971

*Hairdressing Salons*  
Manager of two hairdressing salons local to where I was living, one in Benfleet and the other in Hadleigh, Essex.

### 1960 – 1964

*Hairstylist*  
I worked as a hair stylist for Byards and Richard Henry Morrissey in Edinburgh.

## EDUCATION

### 2009 – 2011

*University of Chichester*  
MA Creative Supervision  
Transpersonal Arts and Imaginal Studies

### 2002 – 2003

*Institute of Group Analysis London*  
One year foundation course

### 1987 - 1992

*Institute of Psychosynthesis, London*  
Psychosynthesis Counselling and Psychotherapy training, leading to UKCP registration.

### 1957 – 1960

*Moray House Education College, Edinburgh*  
Scottish Schools leaving certs in: Maths; English; French; Latin; History; Geography; Science; Art.

## REFEREES

### Aubyn Howard MA

*Director Psychosynthesis Coaching*

#### Address

582 Route De La Bâtie, 26160 La Touche. France

#### Email

[aubyn@psychosynthesiscoaching.co.uk](mailto:aubyn@psychosynthesiscoaching.co.uk)

#### Telephone

+44 (0)780 186 1416

### Dr Sally Bonnywell

*CEO at Bonnywell Development Ltd*

#### Address

7 Stonelea Gr, North Warnborough, RG2G 1HC

#### Email

[info@i-coach.co.uk](mailto:info@i-coach.co.uk)

#### Telephone

+44 (0)780 253 1821

## INTERESTS

I love to travel and to steep myself in different cultures. I lived for some years in Hong Kong, and I have a deep resonance with the far east. My interests are on-going learning; walking; observing the world; authentic relationships; reading and quietness.