

Colleague view ↓

I have known Kate for several years and I am consistently impressed with her energy and positivity, combined with her determination to deeply understand her subject matter. Kate is fantastic with individuals and groups alike and, having seen her facilitate large groups, she is able to hold the group's attention well. I always enjoy working alongside Kate and I am looking forward to more opportunities in the future.

Clients view →

Kate is highly intuitive with a natural ability to tune into what is required to get straight to the goal in hand. I have always found Kate to be knowledgeable, enthusiastic and inspiring – I can't imagine working with anyone else.

I brought Kate into the business to help address some conflict in my senior leadership team following a restructure. Kate delivered a 3 day leadership retreat for us which was full of activities, rich in discussion and followed up with team coaching. The process helped us to be more open and honest with one another in a positive way and begin to rebuild trust within the team which has ultimately resulted in us making great progress. One year on, we still refer to the outputs of the retreat to keep us on track.

Professional Credentials

- Master of Business Administration (MBA)
- Post Graduate Certificate in Education and Training (PGCET)
- Diploma in Performance Coaching
- A1 Assessor Award
- Discovery Insights Accredited Practitioner
- Accredited PROBE Facilitator
- i3 Accredited Coach
- Full Member of the Association for Coaching

Professional clients include:

- Home Group
- Northumbria University
- NHS
- Ward Hadaway
- NRG
- Royal Mail

Kate is a self-confessed tea pot and will get through anywhere between 6-8 cups every single day!

A QUICK FACT



Kate Shahid

A bit about me

"I've always been fascinated with how people, teams and organisations tick and nothing makes me happier than helping others to achieve their true potential. A 'helper' by nature, I'm driven by wanting to make a real difference to those I work with.

Over the past thirteen years I have developed a wealth of personal and organisational

development experience, working with individuals and teams across the public, private and third sectors to develop leadership, affect change and positively enhance organisational cultures. My approach is always to listen first, explore the world of my client then produce a bespoke, creative and highly targeted response to achieve the required impact and outcomes.

A skilled and intuitive facilitator, I create safe spaces quickly, guiding people to engage and participate in the conversations that really matter, empowering and motivating teams to take action towards the attainment of collective goals and ambitions.

I most enjoy coaching individuals and their teams, creating perspective shifts and breakthroughs which lead to transformational change and enhanced performance. Clients report that these bespoke interventions continue to have sustained impact long after the initial event has occurred.

I live in Newcastle upon Tyne with my most favourite people, husband Nael and our two daughters, Isla and Isabella. I love adventure and being out in the great outdoors. In my spare time I enjoy running half marathons and am currently learning to sail."