

Client views ↓

"...I would like to thank Kate for expertly facilitating the sessions and permitting the many important rabbit holes that we insisted on going down. An excellent summary of the team which will hopefully serve us well in developing them as time goes by. I look forward to the coaching sessions!"

"Many thanks again for yesterday – it was one of the best trainings I have been a part of and rolled together many concepts from personality traits, selling/negotiating and crucial conversations."



Kate Cannon

I have been working in customer facing roles for over 20 years, selling all sorts of great products from L'Oréal Paris lipsticks to Nestlé KitKats and Easter eggs. Whilst I loved the thrill of the commercial world, it was a move into HR and people development where I found my real passion. I saw the power of investing in people and teams and the impact this could have on confidence, morale and ultimately commercial results.

I enjoy seeing the positive transformation that can happen in an individual over just one workshop more than hitting any sales target! I love meeting people from a wide range of industries and immersing myself into their world. My commercial background is predominantly in FMCG and retail and my training, coaching and facilitation background spans law, sport, the military, FMCG, technology and on-line media. I also have experience in teaching business and English in Paris where I worked with a university, large banks, retailers, the entertainment industry and pharmaceuticals.

Outside work, I love going on bike rides with my family, cooking and keeping fit in the gym (to offset!). I am determined to learn to play the piano!



I unknowingly worked with royalty! Mary Donaldson (the future Queen of Denmark) taught English alongside me in Paris. Shame we didn't stay in touch!

My clients include ↓

Nestlé
Unilever

IGD

Lucozade Ribena Suntory

Trainline.com

Money SuperMarket.com

Sleek Make-up

Catalina Marketing

Harrison Clark Rickerbys Law Firm

Wyre Forest District Council

Professional Credentials

Accredited Strengthscope Practitioner

Certified DISC administrator

Executive Coach in training, Professional Coach Recognition Programme

Cambridge Certificate in Teaching English to Speakers of Other Languages

B.A French studies

