



## Colleague view ↓

Don is an infectious learner – he shares his latest experiences, knowledge and perspective willingly in a way that makes the complex simpler, interesting and engaging.

A great asset to Team Green and a lot of fun to be around.

## Client views ↓

'It was really a great, successful and inspiring moment yesterday to hear Don talking to the team. There are so many messages that resonated well and were very consistent with what we aim for as a team. I really appreciated Don breaking the ice, helping everyone feel more comfortable and encouraging others to be mindful of each other's contributions. He has a down to earth attitude and irony that really fitted well with our team, and he brought moments of great energy too.'

## Client views ↓

'Don was 'the Don' today! Went down a storm with even the most cynical of my colleagues'



**Don Barrell**

I've always described my path into rugby (my first career) as being a choice driven by a desire to work with people. Team sports, particularly at a professional level, are fertile ground for learning about human interaction, leadership, team work and culture. After making my first team debut for Saracens at the tender age of 18, I combined my playing with attending University College London to study anthropology (In a nutshell – the study of the social, cultural and biological behaviour of mankind)

My playing portfolio included Saracens, England Sevens and Bedford before beginning my coaching career at Mill Hill School and moving to Saracens Academy Manager in 2013. Since 2017 I've combined a role as Head of Regional Academies for England Rugby, with exploring my high performance passion as a Team Coach for Leading Edge. Both these roles allow me to learn, capture great learning and share with a wider network, to greater benefit.



## A bit about me



## My clients include →

Celesio, Greene King, Jaguar Land Rover, Levi's Danone (I did one!), Mars



I am the (grown up!) face behind Barrell & Son Honey, keeping hives in Bushey & Oxhey

## Professional Credentials

- MSc Coaching Science
- 2:1 Anthropology, UCL
- Level 4 Coaching Rugby
- ILM Level 5 Executive Coaching