

ANDREW SEWELL

SENIOR BUSINESS PSYCHOLOGIST

BSc; MSc. Psychology; PG. Cert; ICF



AREAS OF CHANGE

- Individual & Team Coaching
- Leadership Development
- Creativity & Innovation

SPECIAL INTERESTS

Helping leaders be happy, healthy and high-performing in complex, uncertain environments. Andrew is also an expert in overcoming overthinking, creative problem solving, and innovation.

CONTACT INFORMATION

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ABOUT ANDREW

Andrew is a Business Psychologist and leadership coach, with an MSc in Psychology. He coaches leaders and teams in a range of industries, including pharma, technology, media and retail, as well as creative agencies. Andrew also delivers leadership development programmes and workshops on perceptive partnerships, powerful presentations and exploring 'the adjacent possible'.

WORK AT SEVEN

Andrew's coaching expertise includes one-to-one leadership coaching, career or transition coaching, and team coaching.

He also helps individuals and teams achieve their potential through leadership development programmes and bespoke workshops.

LIFE BEFORE SEVEN

Andrew was previously an award-winning advertising creative leader, with a specialism in employer branding. In midlife, he combined his passion for psychology, professional development and creativity by becoming a leadership coach. He is also the author of 'The Overthinker's Guide to Life'.

APPROACH TO POSITIVE CHANGE

Andrew blends psychological insight and rigour with a creative approach that brings a sense of fun and possibility to his coaching relationships.

For Andrew, coaching is not a game of coach and client. It's about two or more intelligent people having an honest conversation. A collaboration of equals. As a thinking partner Andrew's main strength is being able to help clients see beyond the blinkers of their own mind. From this new perspective, they have the chance to find their zone of peak performance, solve challenging problems, and feel a greater sense of well-being in their lives.

MORE ABOUT ANDREW

Andrew has a Post-Graduate Certificate in Business and Personal Coaching, and is a member of the International Coaching Federation.

Andrew lives in London with his partner and daughter. He loves the outdoors, and is a keen walker, swimmer and cyclist. His proudest achievement came from daring himself to do stand-up comedy. He spent a year on the circuit and reached the semi-final of a national stand-up comedy competition.

