SHEILA PANCHAL



SENIOR BUSINESS PSYCHOLOGIST

BSc Psychology, MSc. Work Psychology,
CPsychol, FISP

AREAS OF CHANGE

- Individual & Team Coaching
- Leadership Assessment & Talent Development
- Organisational Development & Positive Change
- Diversity & Inclusion

SPECIAL INTERESTS

Supporting workplace transitions; developing diverse talent and female leaders, enabling wellbeing and resilience.

CONTACT INFORMATION

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ABOUT SHEILA

Sheila is a Chartered Psychologist with 27 years of cross-industry experience as a coach, consultant, coach trainer and researcher. She specialises in corporate transition coaching, supporting both leadership and lifespan transitions, such as taking on a new role, midlife, promotion, or retirement. She is co-author of the INSIGHTÓ Transition Resilience Model and creator of the CHANGESÓ Approach to Midlife/New Parent Coaching.

WORK AT SEVEN

Sheila works as an Executive Coach, supporting senior leaders to optimise their wellbeing and performance, particularly at transition points such as promotion or taking on a new role. She also supports diverse talent through specialist offerings.

Sheila leverages psychometric tools in her work, as well as drawing upon theory and research from coaching, positive and developmental psychology.

LIFE BEFORE SEVEN

Sheila started her career as a management consultant, supporting the people side of large-scale change programmes. She has since worked as an in-house development specialist for an investment bank. For the past decade, Sheila has worked as a coach and consultant and has co-written two books about coaching across the lifespan.

APPROACH TO POSITIVE CHANGE

Sheila aims to tailor her approach to suit the needs of individuals and organisations, whilst being grounded in an evidence-base from psychology. Her style is pragmatic, authentic and personable. Through her work she aims to progress inclusion, health and humanity in organisations.

MORE ABOUT SHEILA

Sheila holds Chartership from the British Psychological Society, and Coach Accreditation by the International Society for Coaching Psychology. She was awarded an ISCP Fellowship in 2023 for her role in the development of Coaching Psychology, and is a visiting lecturer at Westminster University.

She is is personally passionate about advancing diversity and inclusion agendas, as an ethnically diverse woman, who is a midlife working mother of two teenagers!