

Anna Davis

Trainer, Coach and Consultant at Achieve Balance

Edinburgh, , GB

Experienced, interactive and thought-provoking speaker who encourages people to make changes to the way they work and live

Biography

Anna Davis specialises in helping people become balanced, fulfilled and successful in their lives and careers/business. Anna owns Achieve Balance which helps motivate people and companies to become more productive and achieve a better work-life balance. Using a mix of coaching, training, consultancy and NLP techniques, Anna's skills and experience give her approach a special blend of logic, practical advice, powerful insights and motivation to change coupled with keen listening and empathy. Building on a Masters Degree in Operational Research and Operations Management at Lancaster University, Anna worked across the world as a management consultant for 15 years using Business Modelling and performance management to improve major organisations such as Home Office Board, Inland Revenue Board, Defra, Shell, Air New Zealand, Deutsche Telekom, Energy Australia, RaboBank and Parcel Force. She was a project manager and staff manager for many employees, helping to motivate, stretch and develop them. Over the last 4 years Anna has coached and mentored individuals and groups in business to help them boost their performance, clarify their goals and plans, overcome obstacles, improve their confidence and enhance their quality of life. She has also provided career coaching to individuals to help them discover their ideal career and maximise their potential through a practical, structured approach. She has coached employees from large organisations such as RBS, the Home Office and IBM, medium sized companies such as Baillie Gifford, Abbott and Edinburgh University and many individuals who are self employed or setting up a new business. In addition, she has delivered many time management courses (which she calls focus management) to companies and individuals and has delivered talks and facilitated workshops for teams from large companies, such as Lloyds TSB, to teams from SME's and smaller networking groups. Anna regularly speaks at small lunches and dinners, away days and also at large conferences (200+) people offering engaging, interactive sessions which encourage people to think and to take actions.

Availability

Keynote, Panelist, Workshop, Author Appearance

Industry Expertise

Education/Learning, Logistics and Supply Chain, Pharmaceuticals, Corporate Training, Airlines/Aviation, Business Services, Management Consulting, Health and Wellness, Childcare, Professional Training and Coaching

Areas of Expertise

Motivation, Goal-Setting and Alignment, NIP

Affiliations

Association for Coaching

Sample Talks

NLP - Using NLP in business

For people who want to influence people, create rapport quickly or increase their own confidence. We explore the power of NLP including some practical examples and people try short exercises to understand experientially how they can use NLP in their own lives.

Motivation & Morale

A structured talk with information and insights but also asking the audience to participate and make connections to their own situation. Includes how to motivate yourself and how to motivate others based on Maslow's hierarchy of needs and other concepts.

Creating structure and boundaries

For people who find that they have too much to do and that all facets of their life are blurring. A short session which encourages participants to create boundaries around their most important activities and the people most important to them. Simple but powerful.

Time to Achieve

An interactive session which asks the audience to consider how satisfied they are with each area of their life and work. Choosing one area, we consider the importance of clear direction and goals. Based on this direction, I encourage the audience to write down their next steps. I give them ideas for creating time for this project and working out exactly when they will move forward with it. I use an exercise to help the audience understand about procrastination and end with a story. People tell me it is an "inspiring and motivating talk which has made me think and now I am going to do..."

Event Appearances

Title

ACES PA Executive Conference

Title

School Business Managers Conference

Title

Manic Mums Dinner

Title

Athena Networking lunch

Education

Nottingham University

BSc. Mathematics (2.1) Mathematics

Lancaster University

MSc. in Operational Research & Operations Management (Distinction) Operational Research & Operations Management

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