

Gary Wood

Author at Dr Gary Wood Chartered Psychologist and Coach

Birmingham, United Kingdom, , GB

Dr Gary Wood is a Chartered Psychologist, Solution Focused Life Coach, Author and Research Consultant. Based in Birmingham & Edinburgh, UK

Biography

Chartered Psychologist Dr Gary Wood [BSc(Hons), PgC, PhD, FHEA, CPsychol, CSci, AFBPsS] provides consulting services in the areas of psychology, coaching and research for individuals and organizations. He is author of 'Unlock Your Confidence' and 'Don't Wait For Your Ship to Come In. . . Swim Out to Meet It!' as well as numerous academic articles and reports. Gary has taught psychology, learning skills and research methods in several UK universities and is regularly quoted and feature in the media. He combines a solid academic background with a strong emphasis on applied psychology and substantial experience of working in diverse arenas from the board room to the magazine advice column to the class room. Gary brings his trademark down-to-earth, solution-focused, evidence-based approach to all aspects of his work as:teacher and trainer; personal development (life) coach; research consultant; writer and broadcaster. Gary is based in Birmingham and Edinburgh, UK. Dr Gary Wood's memberships and affiliations include: * Chartered Psychologist (British Psychological Society) * Associate Fellow (BPS) * Chartered Member of The Special Group in Coaching Psychology (BPS) * Full Member of the Division for Teachers and Researchers in Psychology (BPS) * Fellow of the Higher Education Academy * Chartered Member of the International Positive Psychology Association * Member of The Society of Authors Specialties: Lecturing (psychology and research methods); training (personal and professional development, self-improvement) research design and analysis (quantitative and qualitative); questionnaire/survey design; focus group moderation; life coaching; study skills mentoring/coaching; media briefing; SPSS for Windows (Statistical Package for the Social Sciences); broadcasting; agony uncle.

Availability

Keynote, Moderator, Panelist, Workshop, Host/MC, Author Appearance, Corporate Training

Industry Expertise

Education/Learning, Professional Training and Coaching, Research, Media - Broadcast

Areas of Expertise

Data Analysis, University Teaching, SPSS, Life Coaching, Research Analysis, Confidence Building, Writing, Data Science, Training & Development Consulting, solution focused coaching

Affiliations

Fellow and Registered Practitioner: Higher Education Academy Member of the Society of Authors; Chartered Psychologist (British Psychological Society (BPS)); Chartered Member of The Special Coaching Group (BPS)

Education

Birmingham School of Acting
Acting and Drama

Imprology
Improvisation Skills

Aston University
BSc(Hons) Human Psychology

The Silva Method
Dynamic Meditation and Creative Visualization

Birmingham Theatre School
Acting

Lighthouse Media
Video Production Techniques

Aston University
PhD Social Psychology

Art of Living Foundation
Pranayama (Breathing Yoga)

Box of Frogs Improv, Birmingham
Improvisation Skills and Mask Work

Aston University
PgCert Teaching and Learning in Higher Education

Midland Arts Centre
Creative script writing, Stand-up Comedy

Accomplishments

Book: Unlock Your Confidence
Self-help book 'Unlock Your Confidence'. Published by Watkins Books

[Please click here to view the full profile.](#)

This profile was created by [Expertfile.](#)