

PETER LAKE

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Certified bi-lingual emotional intelligence coach, facilitator, trainer & consultant with 25 years international experience passionately facilitating individuals and groups to see and hear themselves as they truly are

AREAS OF EXPERTISE

Training/Facilitating Groups	Coaching individuals
<p>Leadership presence, based on the Speaking Circles® method – through relational presence speakers are able to be in the here and now with their listeners to genuinely connect with listeners at any time. Authentic public speaking.</p> <p>Change management, Conflict management, Interpersonal skills communication</p> <p>Efficiency and Effectiveness personal development programme – self -awareness, pro activity, empathic listening, mind mapping, assertiveness.</p> <p>Time and Self -Management – time management tools e.g. Urgency/importance matrix, checklists, Outlook calendar etc, dealing with time wasters, delegation process, planning, organising and anticipating</p> <p>NLP – Neuro Linguistic Programming- how to set compelling outcomes, develop a climate of trust, let go of old, traditional patterns and habits, resolve conflict, give and receive feedback, high performance coaching...</p> <p>Corporate Mindfulness - practical exercises to improve work-life balance and well - being, to deal with information overload and distractions, enhance creativity and innovation, improve problem solving skills, make meetings more productive...</p>	<p>Clients – engineers, researchers, high level company executives, entrepreneurs.</p> <p>Style of coaching - creating transparent, authentic, focused and warm learning environments in which people are free to discover what true communication is.</p> <p>Types of subjects - Discovering the power of being oneself. Helping people deal effectively with deep and lasting change so they can reach their desired destination. Enhancing non-verbal communication, building confidence, creating relational presence, managing stress .Effective meetings, authentic leadership, public speaking, discovering and sharing authentic stories (Storytelling), teambuilding, overcoming fear of public speaking.</p>

REFERENCES

Airbus group, APT presentations, Toulouse School of Economics, Influnet, Toulouse Business School, SEFA, ENAC, Pierre Fabre, INSA Toulouse, INP Toulouse-ENSEEIH, ENSAT, ENSIACET. ISAE, DGAC, SEFA, Beghin Say, De Lage Landen Leasing, Midi Pyrenees Expansion, Air Business Academy, Institut Pasteur, INSERM, St Gobain, INRS Paris, Novozymes...

PROFESSIONAL EXPERIENCE

Since 1999	Independent Communication Trainer, coach and facilitator
Since 2016	External facilitator for “Connecting Events” Airbus Leadership University, Airbus Group
Since 2014	Trainer in communication & interpersonal skills for Air Business Academy, Airbus (Toulouse)
Since 2013	Trainer for Sciences Impact, Paris
Since 2008	Trainer, facilitator, INP-Toulouse ENSEEIH, Ministry of Education Design and coordinate professional English training & soft skills programme for 450, M1 student engineers.
Since 2012	Apt Presentations Senior training consultant High level presentation skills courses for engineers
2005 – 2008	Trainer, INSA Toulouse, Ministry of Education Designed and coordinated professional English training & soft skills programme for M1 student engineers
Since 1999	Trainer and Coach for Influnet Training includes: Efficiency and Effectiveness Development Time and Self –Management
1992-1999	English language trainer for International House Toulouse
1985-1991	Responsible for the development of brass instrumental Training & professional conductor, Fife Regional Council, Scotland

QUALIFICATIONS

2014	NLP Business Practitioner (Sue Knight Books and Talks)
2011	Certification as facilitator for « Speaking Circles »/“Relational Presence Network”
2003	Certification as coach for Dale Carnegie
2002	Certification as trainer for “Presenting with conviction” (LaVi Communication, Holland)
2000	Certification “Communication and Leadership”, Dale Carnegie Training, Toulouse
1991	RSA TEFL/UCLES Certificate
2005	CAPES, English, French Ministry of Education (equivalent to PGCE teaching qualification in the UK)
1985	Royal Birmingham Conservatoire, BMus (Hons) Performance

