

# Hilly Edwards C Psychol

Associate Consultant



Hilly has over 20 years' experience working in organisations as a coach, facilitator and trainer. With insights drawn from both her clinical and occupational careers, she specialises in helping people become more effective at work. She has a deep understanding of the nature and challenges of personal development and is a highly skilled coach.

## Experience

Hilly's early career was spent working as a Clinical Psychologist in the NHS. For a good deal of her clinical career, she worked with adults in general medicine and primary care and also had a spell working in community mental health. During her time in primary care Hilly became acutely aware of the impact of workplace cues and stressors on employee wellbeing and, through this, she developed a keen interest in workplace issues and stress management. Wanting to turn her interest into something of practical use, Hilly ran an evening class in counselling skills and helped establish a programme for supervising workplace coaches. She was a founding managing consultant for a provider of workplace counselling (employee assistance) programmes. Hilly has also developed course material and worked as a lecturer in academia on stress and health related topics.

In 1992 Hilly started working as a freelance psychologist. Since joining Irving & Irving as an associate during the early 2000s, Hilly has led coaching and training assignments with a wide range of clients including those in the luxury goods, financial, utilities and construction sectors.

Beyond the private sector Hilly has worked with a number of government departments and in the charitable sector. Her work has included a variety of international projects.

Notable assignments include:

- Senior manager and executive coaching, including the CEO of a national charity when newly in post
- Developing leadership programmes and running workshops on managing change, managing stress and managing people and their performance
- Leading a consultancy project reporting on the effects of change on the diverse workforce of a global organisation

## Education, Training & Affiliations

Hilly graduated from University College London with an honours degree in Psychology then went on to study for a Master's degree in Clinical Psychology at the University of Surrey. She is a Registered Psychologist and an Associate Fellow of the British Psychological Society as well as a member of its Special Group in Coaching Psychology. She is also a member of The Association for Coaching, The Association of Business Psychologists and the International Stress Management Association. Hilly holds the Certificate of Competence in Occupational Testing (Level A & Intermediate Level B) and is an accredited user of Hogan's Assessment System (HPI, HDS and MVPI), OPQ, MBTI (Steps I & II), FIRO B and Firo Elements.

## Working with Hilly

Of special note is Hilly's ability to build positive and productive working relationships with a wide range of clients and colleagues. Her interpersonal warmth combined with her willingness to challenge readily earn her the trust and respect of others. She provides thought provoking feedback and insight, and brings flexibility and quick thinking to challenging situations.

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