

# PHIL REED

## RESILIENCE COACH

### CAREER SUMMARY

#### RESILIENCE COACH & TRAINER (Self-employed)

*Phil Reed Coaching Ltd. 2003 - current*

*In every work context, my intention is to encourage through playful curiosity, the realisation of innate resilience and self-compassion.*

Since 2003, Private Practice work has mainly been with the education, charity, and social service sectors through in person, telephone 1:1's, & small group coaching.

Master NLP Practitioner & Cert.NLP Coach

EFT Advanced Practitioner

Trained in various approaches inspired by humanistic psychology.

*Author/trainer of the following workshops:*

At the End of the Day, What Makes you Shine?

The Compassion Course

Ready Steady Toolkit

The Patterns that Change Us

Spelling Heroes

Do the Nattylala! A New Approach for Calm Classrooms

Myths & Legends

#### POLICE OFFICER

*Thames Valley Police (TVP) | 1979 - 2003*

Various roles including;

Uniform Shift Sergeant

Acting Inspector

Communications & Control Room Sergeant

Custody Sergeant

Traffic Officer

Trainer for pioneering Make Quality Contact programme

Co-author of OCR UK National Diploma in Police Service &

Communications & Control (Dip. PSCC) delivering to TVP and other police forces.

Designed & built a software package Staff Training & Assessment Files (STAF) to enhance performance, monitoring, and appraisal - using the PSC Diploma.

National trainer & consultant for the above.

This work was subject of a Chief Constables Commendation.

**RECOVERY  
RELATIONSHIP  
RESILIENCE**

### SPECIALISMS

Coaching & training -

Emotional & psychological  
resilience

Trauma recovery

Addictions recovery

Helping the helper

Self regulation

Conflict resolution

Relationship dynamics

Working with -

Private clients

Social & Health Services

Criminal Justice

Education & Charity Sectors

### CONTACT INFORMATION

**Mobile:** 07903 314361

**Email:** info@philreed.co.uk

**Web:** www.philreed.co.uk

**Address:** 21, Spoonley Wood.

Bancroft Park.

Milton Keynes. Buckinghamshire.

MK13 ORD.

**LinkedIn:** @philreedcoaching

### REFERENCES

Available on request



## CLIENTS

Include -

Redbridge LEA  
Tower Hamlets LEA  
Lambeth LEA  
Milton Keynes LEA  
IXION / The Shaw Trust

Milton Keynes FDAC  
Milton Keynes Social Services  
Bucks Social Services  
Thames Valley Police  
Westminster Drugs Project  
Kids Company  
Barnados

EHS Brann

## VOLUNTARY WORK

2011 iHUG Foundation  
Training and coaching staff and  
students in emotional resilience,  
Kampala, Uganda.

Since Aug 2019  
SHOUT Crisis Textline.  
Crisis Volunteer

## PERSONAL INTERESTS

All things Family  
Music - listening & playing  
Painting  
Reading  
Cycling  
Walking  
The Great Outdoors

## EDUCATION & TRAINING

2003 - 2019

Attitudinal Healing; From Fear to Love International training retreat.  
Diederik Wolsak. 2019

3PS Practitioner Development 2018. One Thought. Aaron Turner.  
2018/19

3PS The Space Global Mastermind. Barbara Patterson. Rohini Ross. 2018

3PS Pransky & Associates. The Three Principles/Innate Health

3PS Pransky & Associates. Working With Couples Professional Training.  
2017

3PS Extended Professional Training. Jack Pransky. 2016

3PS Personal Productivity. Dr Ken Manning. 2016

The Wholeness Process. Online. Connirae Andreas

2014/15.PTSD (NLP) training. Online. Steve Andreas. 2014

IEMT Practitioner - Integral Eye Movement Therapy  
Andrew Austin. London. 2009

EFT Trainer and Levels 1, 3. Gwyneth Moss. Yorkshire  
2007

Happiness Now Psychology of Happiness & Wellbeing  
8 week programme - Dr. Robert Holden

EFT Levels 1- 3. The EFT Centre London 2005-2006

NLP Presentation skills. The Performance Partnership  
London. 2002

NLP Team Coach 2002-2004

NLP Cert.Coach. ITS London 2002/2003

Cert. Time Line Therapy Practitioner. ITS London 2002

NLP Master Practitioner. ITS London 2002

NLP Practitioner. ITS London. 2001/2002

1979 - 2002

Various Internal Police Training Courses

Police and Policing. Portsmouth University

Degree level studies in various aspects of policing

including management, criminology, and psychology

Open University: Living with Technology T101 Open University  
Foundation course

1972 - 1978: Abingdon Boys' School

Studies at A Level; English Lit, Politics and Economics, Geography.