



Sandler Lanz

Specialists in
executive coaching

Dr. SALLY CARR



Sally Carr has over 19 years' experience of coaching leaders and managers in a wide variety of organisations. She brings to the work a sharp insight combined with warmth, openness, and a focus on each client's unique needs. She aims to help clients be as effective and successful as possible in ways that are true to their values and enhance their overall well-being.

Sally has worked with clients from international research science organisations, hotel groups, construction, retail, manufacturing, health care, charities and public services. In addition to coaching, she frequently works as a trainer and coach for the Center for Creative Leadership on programmes throughout Europe and further afield.

Clients have commented on Sally's capacity for *"...deep analysis...thinking about things from different perspectives"* as well as on her *"warm and supportive approach."* Another stated that she had *"...particular insight into the problems people from scientific, technical and engineering backgrounds face in moving to more senior management positions."*

Sally is experienced in using a wide variety of psychometric instruments, and is a national expert in the use of the Myers-Briggs Type Indicator (MBTI®). She has been a longstanding senior trainer of MBTI® practitioners and has co-run seminars on using the MBTI® in team building and executive coaching. She is author and co-author of several articles and book chapters on personality type and on executive coaching.

Sally's background includes a BA in Psychology, from the University of Oxford, a Masters from the University of London, and a doctorate from the University of Oxford, also in psychology. Sally lives in Machynlleth, mid-Wales, where she offers volunteer support to the Centre for Alternative Technology, while continuing her freelance career.