

Claire's professional background spans public relations, journalism, small business management, coaching, counselling, training and Apple Mac IT consulting. Thus Claire brings a unique mix of highly practical skills, along with a deep understanding of, and sensitivity to, people's psychological needs.

Claire's career began in London, working in public relations in the not for profit sector. Concurrently Claire worked as a telephone helpline volunteer for Saneline - a UK-based organisation supporting people suffering from mental illness and their family members. This led to Claire being trained in addiction counselling and being involved in the set up and running of a training and coaching program on a drug free wing within Holloway Women's prison in London. Next Claire moved into business management when the opportunity arose to run a small, not for profit business. Within nine months, using her unique mix of 'people' and business skills, Claire turned this small business around from running at a significant loss to making a small profit. Thus the mix of 'people' and business skills was born. After her move to Australia in 1997, Claire worked for 8 years as a business manager for a niche management consultancy specialising in negotiation training, conflict coaching, conflict resolution and mediation. This spring-boarded Claire into her current work as a business coach, trainer and speaker.



Claire is well known and highly regarded for her ability to establish and maintain a consistently safe and supportive environment. Her empathic nature allows her to clearly see her client's perspective, the bigger picture, and what they are capable of achieving. She is intellectually astute, emotionally wise and unfailingly respectful. These qualities, combined with her wide-ranging skills, are a powerful combination that allow her to consistently unearth potential in her clients producing improvements that everyone knew were available and yet had not been able to identify and trigger. In essence her art is in making the elusive seem obvious.

A few examples of the projects Claire has been involved with include working with a Change Management Consultant and multinational IT company to create an on-line prototype behaviour change management tools for en masse, high leverage, behaviour change across large organizations; co-designing and delivering, with Noel Posus, a leadership workshop called "Wisdom at Work; lifting leadership to the next level"; assisting in the set up and launch of various on-line businesses and associations; co-writing and filming, again with Noel Posus, The Wheels of Life and setting up an online business for this set of coaching tools.

To sum up, Claire brings a unique set of skills and experience to bear on finding solutions for the businesses and individuals she works with, coupled with an innate ability to create rapport and communicate in just the way each individual requires.

Claire's credentials include:

- BA Honours degree in English Literature, Exeter University, UK
- Preparatory degree level studies in psychology
- Certificate IV in Life Coaching – LCIA
- Addiction Counselling Training
- Assisting and setting up of addiction recovery unit in Holloway Women's Prison, London
- Founding Member and PR & Communications Manager of High Ideals
- Mentored, for 8 years, by an internationally successful management consultant and trainer, Allan Parker, while she was manager of his niche management consultancy, Peak Performance
- Certified by Allan Parker of Peak Performance Development Pty Ltd to train in negotiation skills, NLP for business use, communication and presentation skills
- Skilled in many models and methodologies
- Member of National Speakers Association of Australia

Websites:

- www.stretch.com.au
- www.clairestretch.com (currently being rewritten and rebuilt)
- www.thewheelsoflife.com

In development:

- www.accessyourwisdom.com
- www.coachingtoolsandresources.com