

## Julian Hall MBA

*With more than 20 years experience working in challenging corporate environments and dealing with change programmes, Julian has gained extensive experience in counselling, facilitation and training techniques.*



Julian has an MBA from Nottingham Business School, has trained with the British Association of Anger Management and is an experienced and qualified practitioner of established coaching tools such as Myers Briggs. Julian's work encompasses everything from delivering workshops on how to identify and deal with anger, to helping individuals to combat stress by improving their emotional resilience. Julian's continually evolving mind set has led to him developing an innovative training product for HGV and Bus/Coach drivers which is unique and will soon be licensed to several major national hauliers. Meanwhile Julian actively works with Hays Recruitment, Festival Housing, Encore Personnel, The Chartered Institute of Management Accountants, Smith Gore, Certis and Schools in Derbyshire & Staffordshire. Julian wants to continue to bring emotional resilience, emotional control and core personal development into the main stream and make it more accessible. This comes from his central belief that everyone would benefit from this work.