



Nicola Shergold

**BUSINESS PSYCHOLOGIST,
EXECUTIVE COACH AND FACILITATOR**

Nicola is a Chartered Business Psychologist with over 20 years of consulting experience in employee selection, leadership development, and wellbeing and resilience. She has enjoyed working with clients across a range of sectors, industries and role levels, from shop floor to senior executives and C-Suite. Her background in assessment and development provides her with a unique understanding of resilience and wellbeing, and she is passionate about helping individuals to grow, develop and enhance these areas to become more satisfied, productive and fulfilled at work.

Nicola is an experienced trainer, facilitator and coach with a relaxed, lively and supportive style. She believes passionately in guiding others to reach their full potential. Nicola works with individuals, leaders and teams, helping them to identify both individual and collective team strengths and challenges, and providing support and constructive challenge to explore strategies and changes to enhance results. She has a particular interest in unconscious bias and the impact of personality-based individual differences at work.

Nicola has extensive knowledge around the use of psychometric assessments to support clients in their personal development, growth and resilience at both a team and individual level. She is a Senior Instructor for Wraw (our in-house psychometric identifying Workplace resilience and wellbeing) and is a qualified trainer for the British Psychological Society Test User and Personality (TUA-TUP) Test Accreditation and global psychometrics including Hogan (HPI, MVPI, HDS) and the EQ-i2.0 and EQ360 assessments of emotional intelligence.

Primary expertise	Related experience	Qualifications
<ul style="list-style-type: none">• Consultancy• Wellbeing & resilience• Personality• Leadership development• Assessment & development	<ul style="list-style-type: none">• Facilitation and presentation• Coaching – individual and group• Team development• Personality profiling	<ul style="list-style-type: none">• MHFA• Certificate in Performance Coaching• Accreditation in Wraw, Saville WAVE, PAPI 3, OPQ, EQi2.0 and EQ360, Hogan, Risk Type Compass