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Rob is an Accredited Executive Coach with Ashridge – one of the UK's leading business colleges. He first trained as a Coach with the BBC's highly acclaimed Coaching Service, and at the Centre for Coaching and Stress Management (accredited by Middlesex University). He studied Leadership and Management at Ashridge where he has recently completed an MSc in Executive Coaching and is now training as a coach supervisor.

Rob specialises in coaching leaders and senior managers in the public and voluntary sectors. He is a member of the executive coaching teams for the University of Nottingham, University of Newcastle, LSE and King's College London, as well as for the BBC, NHS Institute, Clore Leadership Programme, and LSIS. He also facilitates 360 feedback sessions for a range of public sector clients, linking this to coaching where appropriate.

His style is supportive and non-judgmental, and informed by 30 years' experience as a leader and project manager in these sectors. Using a broadly humanist and relational approach, he helps individuals and teams to meet the objectives of their organisation at the same time as they address their own strengths and development.

Rob has worked as an academic and practitioner and has supervised educational and clinical leaders to PhD level. He has worked at the Universities of Leicester, Nottingham, and Nottingham Trent; with European, National and Local Government departments; for community groups and Trade Unions; on panels for Southern Arts and the Welsh Arts Council; as a Learning Executive at the BBC; and as a consultant for the BBC World Service Trust.

He now runs Momentum Associates which is based in Nottingham, Glasgow and London. Momentum provides coaching, supervision and evaluation services to major public sector clients across the UK.