



**EXECUTIVE COACHING, EFT AND  
DISC BEHAVIOUR EXPERT  
AVAILABLE FOR INDUSTRY COMMENT**

**Name:** Wendy Dashwood-Quick



**Title:** Founder and Creator of Resolution Coaching

**Areas of expertise:**

- < Executive & Career Coaching for Small Business Owners and Executives
- < EFT (Emotional Freedom Technique)
- < DISC Behaviour Assessments
- < Team Dynamics and Behaviour
- < Stress Management and Health
- < NLP (Neuro Linguistic Programming)
- < Author of "Discover Yourself On the Yellow Brick Road"

**Background:**

Wendy's father Peter was what inspired her to become an Executive Coach, because from the age of 5 she gained first hand experience of the life of an executive when her father started his own business. Most mealtimes were an opportunity for her father to relive the daily

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boardroom battles. Sadly he never got to grips with the stress this created. This had a big impact on the family so her early experiences of life were a rollercoaster ride of extreme success and prosperity followed by debt and depression.

This inevitably took its toll on Wendy and her siblings. Eventually she turned to Self Development which helped her come to terms with her own shortcomings and bounce back from a series of very challenging circumstances and tragic reversals of fortune. So prior to becoming a coach she spent many years on her own self development.

Before becoming a Coach Wendy spent 25 years working as a PA in the Public and Private Sectors supporting executives, so she has a unique insight into what makes them tick.

Wendy's career began as a Girl Friday with McCann Erickson Advertising Agency, and worked in a variety of industries including Law, TV and Radio Advertising, Primary & Secondary Education, Insurance, Estate Agency, IT and Commodities before migrating into Coaching, She's therefore been at the 'coal face' of highs and lows of corporate life since the age of 19. However, running parallel to this was her passion for self development and amassed a huge library of self development material and knowledge.

Following redundancy in 2003 Wendy put all this knowledge to good use and trained as a Personal Coach with The Coaching Academy and studied NLP with both Paul McKenna and Richard Bandler (co-creator of NLP).

Wendy founded Resolution Coaching in 2004 and has worked with dozens of professionals from graduates right up to owner managers and executives, helping them with a variety of challenges from low self esteem, overcoming procrastination, managing their workload, reducing stress and managing their time, as well as providing a confidential sounding board and being an objective listener. She also works with teams to re-build their morale and team spirit using DISC Behaviour

assessments - one of the most highly validated psychometric tools in the world.

Wend has also mastered EFT and is now a respected level 2 practitioner in EFT, having trained with Cambridge EFT.

Emotional Freedom Technique is the 'Power Therapy of the New Millennium' – she's helped a variety of individuals overcome numerous challenges, including a Falklands Veteran suffering with chronic, severe PTSD, a Classically trained pianist who had a fear of performing in front of an audience, and an ex banking employee get over her fear of picking up the telephone.

Wendy published her first book this year "**Discover Yourself On the Yellow Brick Road – 7 Core Principles of Success**" and has been interviewed on BBC Essex and given numerous book talks. Her first book has received extremely favourable reviews on Amazon, and is beginning to make an impact on the lives and careers of the people who have read it. It took her two years to write and is packed with all her expertise and first hand experiences of being a Personal Coach. It's a coaching programme in 7 chapters containing lots of exercises and cases studies in an easy to digest step-by-step format (and with no jargon!). Told through the eyes of three modern day heroes on their search for personal and professional fulfilment – it's a fusion of fiction and self development. It's packed with information on designing a stress free lifestyle, taking control of your time, confidently changing career direction, challenging your own beliefs and reprogramming your mind so you aren't 'in your own way' creating a compelling vision of the future for anyone who currently doesn't think they have one.

Wendy has also embraced social media having taken some time to learn how to promote herself on Twitter, Facebook, LinkedIn and Ecademy; and using Social Bookmarking and You Tube.

She is a regular Blogger and Podcaster and is currently working on turning her book into a CD.

- Wendy has never shied away from a challenge and abseiled down a 110 ft office block for charity in 2007.
- She had a miraculous escape when a runaway car crashed through a plate glass window of the launderette where she happened to be at the time.
- She also had a near death experience following major surgery in 1995.

Wendy is single and lives in Braintree, is a keen gardener, cyclist and hill walker as well as being an amateur musician; she is a cellist with the Essex Symphony Orchestra having taken up the instrument at the age of 11. Wendy has performed at St Michaels Cave in Gibraltar, Santander and Vigo in Spain, and The Royal Albert Hall; as well as given well over 100 performances locally as a member of the ESO and other amateur orchestras.

Wendy is available to advise on Executive Coaching, stress management health, the impact of Redundancy and the changing career landscape, DISC Psychometric Testing, behaviour and performance management, Team Dynamics, the trials and tribulations of setting up your own business and working from home, EFT (Emotional Freedom Technique), and the benefits to be gained thereof.

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For further information or to arrange an interview please contact:

Wendy Dashwood-Quick on 01376 334692 or  
wendy@resolutioncoaching.co.uk

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