



### WHAT YOU CAN EXPECT FROM MARTIN

- Passionate and creative coaching. His relationships are characterised by integrity, commitment, and energy
- Helping clients to remain grounded, flexible and resilient. Offering appropriate challenges and support to those who work under pressure
- Developing clients' ability to develop strategic, goal-focussed solutions with resulting performance improvements
- Working holistically, so the client feels more balanced and delivers more of their potential in all areas of their life



### MARTIN CROSS – COACHING DNA

The skills and experience of Martin Cross make him a uniquely inspirational and challenging high performance coach. His holistic approach seeks to create a safe, challenging and dynamic environment for his clients to show significantly more potential at work, while maintaining a balance in their personal lives.

Knowing what it takes to perform at the highest levels comes naturally to Martin as an Olympic champion. He has the resilience to deliver under pressure and see projects through to completion, having combined his 20 years as a British international rower with a career as a full-time history teacher and senior manager.

Martin is a fully qualified coach and highly effective at developing professional relationships that work. He draws on an outstanding track record of successful interventions with clients from fast-track through to board level, in a range of global organisations from the financial, consulting, retail and utilities sectors. His ability to motivate clients; helping them develop their vision, hone their goals and challenge their beliefs, has been forged through working with some of the world's most successful and demanding high performance coaches.





**PROFESSIONAL COACHING EXPERIENCE**

FINANCIAL & BUSINESS

Deutsche Bank (2006-present) - MD level clients. Moelis Investment Bank (2010-present) – partner. Coop Bank (2005-8), MD level client DRKW (2003-5) 'fast-track' clients. Accenture (2006-8), MD level clients BP 2011, Head of division level.

RETAIL

CCE (2003-Present) board level, MD level, COO level. William Grant (2008-9) Board level client. Dyson, 92003-5) MD level client. Honda (2003-4) Dealer Principal clients

UTILITIES

BT Operate (2010Present), MD level clients Charity Money Advice Trust (2003), CEO client

Sport

Rowing (1982-2011) Junior to Olympic-level athletes.

**PERSONAL**

Martin currently maintains an enviable portfolio. Alongside his coaching, Martin helps design and facilitate both 'leadership through change' and 'employee engagement' interventions with major companies. His outstanding presentation and communication skills are regularly displayed by both BBC TV and Radio.

Martin still works part-time at Hampton school, teaching history and politics. He is the Guardian's rowing correspondent and writes extensively. His willingness to continually explore his own performance potential and that of others was apparent both in his uncompromising and acclaimed autobiography: 'Olympic Obsession', published in 2001 and in the BBC TV series of 2004 which featured his coaching. Martin's passions are family, history, rowing and Christianity.



“It was great to meet you last Friday and to start our coaching work together. I found the first session excellent in terms of scoping and look forward to getting into detail on the next ones”

Coaching References available on request