



Ben Nathan – Executive Coach and Founder of Luft Coaching

Background and Experience

I grew up in London and moved to Bristol 6 years ago with my partner and two boys.

For over 15 years I've been working with Learning and Development teams across the UK and Europe, coaching their managers and leaders to perform at their best under pressure, make meaningful change and get where they want to be.

I work across a variety of industries from senior management to executive level, including law (Herbert Smith, Shearman and Sterling), audit/advisory (EY, KPMG and PwC), finance (Commerzbank, Santander), retail (John Lewis, the Co-op) and the public sector (MOD, NHS).

Recent clients include a senior associate at a top 50 UK law firm, supporting his transition to partnership, an SME business owner who was negotiating the challenges of Covid and managing remotely, and a group of senior managers at GE Electric, working on how to lead people most effectively.

Coaching process

I begin with a 'discovery' session to explore what's getting in the way for a client. This might be skills-based like communication or presenting skills, performance based focusing on behaviours related to performance or development coaching, looking at topics like self-confidence or work-life balance.

Then I create a confidential space where you feel comfortable to speak openly. I listen carefully to understand your environment, sharing observations and checking my understanding throughout. I encourage you to reflect on where you are, where you want to be and most importantly, what's stopping you.

During this process of enquiry and understanding greater insights begin to appear. I ask the right questions at the right time, challenging you to be honest with yourself and pushing you to see things differently. I help you become more advanced in your thinking, see challenges with new perspective and create purposeful and agreed actions.

Coaching Style

My coaching style is 'integrated' which means I use different coaching approaches suited to a client's needs, including person-centred, solution focused, cognitive behavioural, holistic, narrative and systemic.

Before becoming a coach, I was also professional actor working in the West End and the BBC, so I also bring a creative approach to my work, helping you see challenges with fresh insight.

I believe that each client is unique, has greater potential than they're currently realising and that coaching is about growth.

Accreditation, Ethics and Values

I am committed to confidentiality and follow the European Mentoring and Coaching Council (EMCC) Global Code of Ethics. I'm also accredited with the Institute of Leadership and Management (ILM) working towards an ILM Level 7 Executive Coaching and Mentoring accreditation.

As part of my ongoing professional development, I engage in sustained supervision and attend webinars and conferences on coaching, management, leadership and business psychology.

I have an English Honours degree, an Acting Diploma and a Post Graduate Certificate in Education.

Testimonials

Working with Ben as a coach has been nothing but excellent. He is honest, reliable and inspiring. What I found most helpful was Ben's ability to understand the real me and his natural ability to distil my contemplations into clear, actionable and realistic goals.

Partner at TLT LLP

Wouldn't hesitate recommending Ben, really helped me get clarity on how to move forward. Business coaching must be seen as a huge positive in anyone's career progression.

SME Managing Director

Ben has a unique skill to identify problems, distil issues and co-create thoughtful solutions which I use in my everyday work.

Lead Legal Advisor

Ben's enthusiasm and passion were always there, drawing out feedback in a controlled and empathetic way. I can't recommend Ben highly enough.

Learning and Development Consultant

I have worked with Ben on numerous high-value projects and found him knowledgeable in what he does, professional and fun to work with. He has a great creative eye and with his positive attitude, he is able to have a real impact and inspire others.

Delivery Psychologist

Ben is engaging, creative and patient in his coaching style. I appreciate someone who can challenge and stretch my thinking, which Ben did with flair. I'd highly recommend Ben as someone who can push you in your thoughts and beliefs, remaining professional throughout.

Executive Coach, Trainer and Motivational Speaker

Ben is highly professional. He gives helpful and honest feedback and is great to work with - engaging, resourceful and fun.

Training and Development Consultant