



Simon Grayson

Simon is an ICF certified executive coach, leadership consultant, and facilitator with more than twenty years of experience helping individuals, teams, and organisations perform consistently under pressure.

His work spans high-performance sport, global banking, technology, and education across the public and private sectors. Simon has coached leaders and professionals across a wide range of demanding environments, including his role as Elite Performance Coach with the West Indies Cricket Team during their victorious Twenty20 World Cup campaign.

Simon holds an MSc with distinction in Coaching for Behavioural Change from Henley Business School, where his research explored the relationship between positive relational energy and organisational commitment. Simon combines executive coaching with insights from performance psychology and behavioural science to help leaders translate insight into meaningful and sustainable change.

Simon has designed and delivered management and leadership development programmes for thousands of professionals. He creates a confidential and psychologically safe space where leaders can think clearly, explore complex issues, and develop greater self-awareness. By combining thoughtful questioning, practical insight, and a touch of humour, Simon helps clients gain fresh perspectives and turn insight into meaningful, sustainable action. His aim is simple: to help people feel more aligned, more confident, and more effective in how they lead and perform.

Simon's specialist areas

- Leadership Under Pressure
- People Development and Behavioural Change

What people say about working with Simon

"I've had lots of coaching over the years, but this is the first time I've experienced the power of coaching."

[Simon's LinkedIn Profile](#)

