



Sonia Gavira

Sonia has over 25 years' experience as an executive and leadership coach, consultant and trainer. With a background in Marketing and Leadership, her career to date has enabled her to manage large scale projects across international boundaries.

Sonia's interests lie in the development of leadership capabilities and behaviours particularly with a view to enabling leaders to create cultures of engagement within their businesses that will result in engaged customers.

As an executive coach she works mainly at Board and Executive Director level. She helps her clients find the confidence to lead and manage others more effectively, and through her passion for people development, her great intuition and ability to create trust and rapport with people at all levels, she is able to inspire individuals and teams to achieve great results. With her experience at board level, she has a practical understanding of the issues facing leaders today.

Fluent in Spanish and with some French, Sonia lives on the Dorset coast with her family and her dog.

Sonia's specialist areas

- Women in leadership
- Motivation

What people say about working with Sonia

"Sonia and I worked together when I had taken on a new role as Head of Financial Services. Sonia was particularly able to help me think through and develop the strategy for the business and for myself. I would highly recommend Sonia as a coach for anyone in a leadership position."

[Sonia's LinkedIn profile](#)

