

Ben Neal



Ben is a careers and executive coach, organizational consultant, and educator, working across sectors. He is passionate about revealing and addressing the factors that inhibit the progress and potential of individuals and guiding them towards authentic and lasting change.

Ben's practice is built on a foundation of twenty years clinical experience in the NHS before shifting his focus to the development of teams and individuals across sectors.

In demand as an educator, he teaches on several courses, including co-directing the Tavistock Centre's flagship executive coaching programme.

Background and Consulting Experience

Ben is currently working on confident and authoritative leadership at all levels within a commercial organisation, with a senior manager in a public sector housing team to leading her team through a period of significant change, and with a recently promoted senior leader taking up a C-suite role for the first time.

He has previously worked with managers in clinical settings as well as in the commercial, voluntary, and public sectors, most recently working with an investment bank to develop emerging talents, EQ and cultural awareness.

Ben is committed to help those who find themselves in the most difficult working environments and scenarios and has published on the challenges of working with organizational trauma and the impact of shame in the workplace:

'Homelessness in the Mind' in 'Psychodynamic Practice: Individuals, groups and organizations'
(Vol 24 No. 3. August 2018)

'Voices of the shamed: The personal toll of shame and shaming in further education' published in May 2020 by the Chartered Institute of Further Education
(Co-authored with Helen Shaw)

Qualifications

- Institute of Leadership and Management Level 7 Executive Coach (ILM's highest award, and qualified to coach at Chief Executive Level)
- MA 'Leading and Consulting to Organizations: Psychoanalytic and Systemic Approaches, Tavistock and Portman Foundation Trust
- Centre for Freudian Analytic Research (CFAR) 'Psychoanalytic Studies Program'
- Advanced Diploma 'Dynamics of Mental Health' Tavistock and Portman Foundation Trust
- EMCC Senior Practitioner (European Mentoring and Coaching Council)

Areas of Expertise

Resilience
Leadership in turbulent environments
Mediation
Managing change
Mindset
Diversity
Shame

Sectors

Public
Private
Voluntary
Career Development

As an Educator

- Consultancy skills tutor on the MA program 'Leading and Consulting to Organizations: Psychoanalytic and Systemic Approaches, Tavistock and Portman Foundation Trust
- Doctorate in Organizational Consultancy, Tavistock, and Portman Foundation Trust (Practice Supervisor and Faculty)
- Executive Coaching Program, Tavistock Consultancy Service. (Co-Director)