

Miles Pulver

+44 (0)7811 391112 | milespulver@coachingplace.co.uk



Miles has a specialist training, and his core coaching areas of interest are:

- career development and transition
- enhancing the psychological aspects of performance and development.

Miles - who started his career as a City lawyer - has a distinct coaching practice, in which he applies the well-researched and proven technologies of intensive, short-term, dynamic psychological therapies into the business environment. His aim is to help his business & professional clients achieve effective & sustainable development in their work performance.

Miles aims to help clients build a toolkit to really change the underlying and fundamental elements of their work performance - born from thoughts, feelings, beliefs and relationship strategies. Working in this way Miles has, for example, helped partners and senior managers address the personal development needed to lead their teams effectively, tackle unproductive behaviours, and recover confidence after professional difficulties. He has helped partners change behaviours that have inhibited them from stepping up to full equity, and senior executives deal with the losses involved in stepping down into new roles. He has helped employees with undue anxiety, self doubt, depression and ineffective coping strategies such as perfectionism or procrastination - and develop their careers in a direction which works best for them.

Particular areas of coaching interest

- Enhancing psychological performance within your organisation and role. Enhancing confidence, regulating anxiety, building resilience & addressing burnout
- Relationship issues with colleagues and unproductive relationship strategies: aggression, criticism, passive-aggression; anxious compliance, pleasing or high anxiety; shutting down, resentment and withdrawal.
- Ineffective working strategies: procrastination; perfectionism; indecision etc
- Unhelpful feeling states such as: depression, anxiety, tearfulness
- Undermining self-views: such as "impostor syndrome"; or unrealistic over-evaluation.
- Counterproductive coping mechanisms; food, alcohol, substances etc

Business/industry experience

- Psychology: Psychotherapist
- Coaching: Coach in City coaching practice
- Legal: Solicitor in City law firm and with Central Government, Whitehall
- Commercial: Co-founder & commercial director of real estate development company.
- HR: HR Manager with leading global professional services firm.

Qualifications & Trainings

- Full Member: British Psychoanalytic Council
- Experiential & Dynamic Therapies: Intensive Short-Term Dynamic Psychotherapy; Affect Phobia Therapy; Accelerated Experiential Dynamic Psychotherapy; Process Oriented Psychology
- Masters: Tavistock Centre for Couples Relationships
- Certified: International Centre for Excellence Emotionally Focused Therapy
- Member: British Association Counselling Psychotherapy
- BA: Oxon