

Sarah Manley

*Introvert Career Expert | Coach, Mentor, Speaker & #1 Best Selling Author:
Quiet Catalyst - The introvert's guide to thriving in your career*

Hi, I'm Sarah.

Introversions is a superpower, and far from something that needs to be fixed. I help introverts (and their bosses) to amplify their strengths, elevate confidence, and optimise their energy to thrive in all things work and career - without the need to pretend to be someone they're not! The result? - higher performing, happier teams!



Signature Talks

- ✓ **Unlocking Introvert Superpowers**
How to amplify quiet strengths for impact
- ✓ **Quietly Confident**
Practical steps to building confidence
- ✓ **The Introvert Energy Equation**
Energy management in a hectic world
- ✓ **6-Es of Hybrid Working Success**
Inclusivity for happier, higher performing teams

I'm reassured that there isn't something wrong with me. I'm going to really focus on what my strengths are and to unleash my introvert power rather than trying to suppress it.

D, HR professional

The Quiet Catalyst

BOOK ME AS YOUR SPEAKER

PACKAGE A: £2000

- Professional Keynote Speaking (up to 60 minutes)
- Tailored existing keynote

PACKAGE B: £3000

- Professional Keynote Speaking
- Half Day Workshop
- Bespoke, tailored to you

PACKAGE C: £4500

- Full-Day Workshop
- Professional Keynote Speaking
- Bespoke tailored for you
- Coaching follow-ups available

Testimonials

"A really informative and enjoyable session, the topic really resonated with me and I will use my gained knowledge and understanding when working with others on how to communicate effectively at work."

Louise M

"Sarah was great to work with. She understood our brief and what would inspire and educate our audience. I would not hesitate in recommending her to others"

Siobhain W

CONTACT DETAILS

Please feel free to contact me for any questions or bookings



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www.thequietcatalyst.com



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The Quiet Catalyst



SARAH MANLEY ACC

COACH | MENTOR | AUTHOR | SPEAKER

Helping introverts to unlock their strengths and thrive in their career with confidence and energy

COACHING FOCUS

I work with introverts who are seeking a promotion or taking on a new leadership role but are feeling overlooked, frustrated, or overwhelmed to help them achieve success with confidence and energy

COACHING STYLE

Compassionate, strengths-focused, and tailored to each individual, I balance coaching & mentoring to help clients take action towards their goals in a way that is both aligned to their authentic style, and builds self-belief and 'new muscles' to tackle challenges

EXPERIENCE

- 20 years in global organisations as a senior commercial leader
- Insight & practical expertise of having high impact as an introvert
- Certified ICF Coach bringing my knowledge & skills in service of others

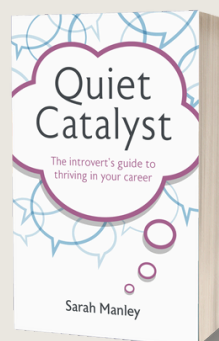
VALUES

- Courage: Supporting clients to feel confident and embrace bravery in their own way
- Care: Ensuring each client feels valued and understood
- Catalysing: Helping introverts ignite their potential

“ACE-U” METHODOLOGY

A typical coaching package includes exploration of four key areas to create a sustainable transformation - ACE-U: Amplifying Strengths, Elevating Confidence, Optimising Energy, and Unlocking New Capabilities

MY BOOK



The guide for introverts wanting to excel in their career, play to their strengths, and never feel compelled to pretend to be something they're not!

Visit my website & LinkedIn page for testimonials, content, and weekly newsletter

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www.thequietcatalyst.com
www.linkedin.com/in/sarahmanleytqc

The Quiet Catalyst

Career History & Education

- The Quiet Catalyst Ltd, Founder Director - Coach, Consultant, Author, Speaker
February 2024 – Present
- Exploration of 'post-corporate' life - Writing "Quiet Catalyst" & Coach Training
May 2023 – January 2024
- Danone, Personalised Nutrition & New Growth Platforms Director, Global
October 2021 – April 2023
- Danone, Healthcare Strategy Director, Global (Based in The Netherlands)
February 2016 – September 2021
- Nutricia, Group Marketing Manager Paediatrics & Memory, UK
April 2013 – January 2016
- Nutricia Senior Product Manager Metabolics, UK
January 2011 – March 2013
- Philips Avent, Senior Manager Professional Marketing, Global
October 2009 – December 2010
- Philips Avent, Customer Marketing Manager, UK
December 2008 – October 2009
- Philips Avent, Medical Marketing Manager, UK
September 2006 – December 2008
- EuroPR Group, Senior Account Executive, UK
June 2006 – September 2006
- Stryker, Product Manager Hips & Knees, UK
August 2003 – June 2006

Education & Qualifications

- ICF ACC Associate Certified Coach
October 2024
- Barefoot Coaching, ICF PCC-accredited Business & Personal Coaching
January 2024
- Optimus Coach Academy, ICF ACC-accredited Associate Coach Diploma
September 2023
- University of Birmingham, MSc Marketing, Distinction
2002 – 2003
- University of Durham, BA (Hons) Geography, 2.1
1999 – 2002