



**Mindset Coaching | Non-Clinical Mental Health Consultancy | Public Speaker & Facilitator**

**| Webinar delivery Redundancy & Mental Health | Maximising productivity & Mental Wellbeing**

**Whilst home working |**

Shazney entered the world of accountancy where she enjoyed a successful career as a Management Accountant for a variety of large organisations. Shazney is a dynamic stakeholder manager, with 26 years' experience in Management Accounting and Commercial Management. Shazney has worked with a worldwide range of clients and suppliers from varied business cultures. She is a high performer who works on her own initiative as well as collaborating with multi-disciplinary teams and has a proven track record in establishing successful business relationships with individuals at all professional levels.

Helping people to transform their lives has always been Shazney's forte. During her 10-year career at Accenture, she was able to demonstrate her proficiency at being key in leading initiatives around Human capital and driving change in the way that mental health is viewed culturally within an organisation.

In her roles as Mental Health Network lead and Co-Lead role for the Enablement Network for Accenture's UK division with 12k employees, Shazney was pivotal to engaging employees and leaders on conversations around wellbeing and mental health. She led several high impact conversations via webcast across the company and facilitated monthly confidential calls for those directly affected by mental health conditions.

Shazney also played an integral part in leading activities on nationally recognized focus days and flagship events such as Time to Talk day and International People with Disabilities Day. Shazney was also frequently the Lead speaker on continuous learning calls for over 2,000 mental health allies within Accenture, thus making a significantly positive impact on the Mental health programme at the organisation.

Towards the latter end of 2017, situational change due to redundancy meant that Shazney was able to seize the opportunity of self-employment and pursue her passion of helping individuals through her own business EQuanimity which started trading early 2018.

As the Managing Director of EQuanimity Lifestyle & Success Coaching Ltd, Shazney wears many hats. She is a Mental Health Champion with extensive experience of providing mental health consultative support services to corporate organisations. She is also a Public speaker, Reiki Master and personal Coach. She personally develops and empowers people to live their best lives, coaching them on a 1-2-1 and group basis. She now helps businesses to engage with their employees by raising their awareness of the mental wellbeing of their teams, thus helping them grow and contribute without barriers.

She has extended her consultative recommendations over the past seven years in Board roles; historically Africa Oye and currently as Arts, Culture & Heritage Lead for Liverpool Commonwealth Association.

During the Pandemic, Shazney has adapted her business, pivoting it to become predominantly online. She has offered Webinars to organisations, provided 121 support to HR teams and Employee Consultation Forum members, supporting their mental health during redundancy processes. Additionally, Shazney has delivered Webinars to a mix of organisations in industries ranging from Recruitment to Nuclear and the Defence industry on topics around mindset, productivity, and ways to maximise mental health & wellbeing whilst working from home. Shazney continues to facilitate bi-monthly Group conversations with individuals who are struggling with their mental health and receives outstanding feedback for the service that she provides.

She is an empathetic leader and Director who plays to her strength of positivity in her role as personal Mindset coach, public speaker & mental health advocate. She supports her clients to attain a state of mental, emotional stability and balance. Through many years of coaching experience, Shazney is highly skilled at managing individual relationships with the purpose of enhancing their professional learning, effectiveness, and fulfilment. Shazney seeks to understand individuals' goals and desires, helping the individual to meet them in an honest, unbiased, and purposeful manner while remaining patient and committed. She maintains sincerity, respect, credibility, and optimism and leads with empathy.

Feel free to call for a private discussion:

**07720 620 356**

or email to book an appointment

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