

Sukhy Bains



Sukhy an enthusiastic and experienced leadership coach, trainer and consultant with 20 years of corporate experience. She started coaching in 2002 after graduating from a psychology degree, and soon went on to become a coach trainer & coach supervisor and mentor to new coaches.



She works individually and with her associates and has a successful track record in coaching leaders, individuals and teams. She has worked with a number of organisations in the UK including NR, NHS, Sight Concern, ECI New Deal for Communities and BT as well as delivering a number of coaching programmes in Eastern Europe.

She is delighted to be running coaching programmes that teach coaching skills, a vital skill that she believes every manager should have. She also believes we should be the best we can be, not only in terms of achievement but in terms of wellbeing and personal fulfilment & happiness and runs personal development programmes that support individuals in expanding a mindset geared towards greater success & happiness.

Sukhy is energised by individuals that want to make positive changes in their lives and has an unwavering passion to bring out the best in them. She is a member of ICF so adheres to their ethics of coaching and is ACC accredited.

Sukhy has also worked extensively with Asian professionals and is the creator of Asian Woman Focus Newsletter: a bi-quarterly newsletter packed with ideas, latest research, tools & techniques specially geared to supporting Asian professionals, especially women, excel in their career, their relationships and their family, and in celebrating their own individuality. It is not exclusively for Asians or women though, and will be interesting and useful to anyone keen to learn success tips.

Sukhy is an avid squash player and plays for several teams including Middlesex County. She has two grown up children, aged 21 & 25 and gets immense pleasure from outdoor physical activities including walking, gardening & golf. She is also a nature lover and a traveller and relaxes by watching movies, socialising and reading.

Learning & Development Solutions with

Mancroft International