



**Samantha Whetstone**  
**Professional Coach (ICF ACC)**  
**Citrinitas Coaching**



### Profile

Professional ICF ACC coach and consultant, specialising in professional development, career and expatriation-related coaching within the legal sector, with 14 years of working experience with global law firms and multinational organisations. Prior to becoming a coach, I worked as an international corporate, finance and general commercial lawyer across various sectors in London, Singapore and Zurich, notably with Ashurst, Hogan Lovells, Lawyers on Demand, BNP Paribas and Anglo American. I therefore have a strong understanding and first-hand experience of the dynamics and challenges often faced when working within law firms and in-house legal teams, both individually and from the perspective of organisational or team performance, including management and leadership experience.

### Coaching Expertise

I work with lawyers and other professionals of all seniorities (from partners/senior leaders to trainees/graduates) on a range of developmental aspects to enhance their potential and performance on individual, team and organisational levels, as well as generally to gain more direction and fulfilment in their professional lives. This typically includes helping individuals to:

- ❖ explore and implement career transitions, including moving into leadership or managerial roles, lateral moves, returns from parental leave, re-specialisations and career changes;
- ❖ manage and improve relationships with stakeholders, relationships within teams and other working relationships, including upward and downward people management;
- ❖ develop increased self-awareness, including of unconscious behavioural patterns and mindsets;
- ❖ improve stress, time and anxiety management, particularly during busy work periods or internal reorganisations; and
- ❖ understand and manage challenges related to an expatriation or repatriation.

### Coaching Style

My coaching style blends a structured and pragmatic approach, drawing on my commercial experience, with deep empathy and intuition. Where relevant, I incorporate analytical psychological theory, psychometric tools, basic neuroscience and somatic techniques. I also seek to inspire and empower individuals, in order to facilitate lasting sustainable changes and the ability to pursue future objectives independently without requiring ongoing coaching.

For more information or an initial conversation, please reach out using the details below.

#### Key Coaching Specialisms:

- ❖ Professional development & career coaching
- ❖ Coaching in the legal sector
- ❖ Expatriation-related coaching
- ❖ Psychodynamic coaching

#### Key Sector Experience:

- ❖ Law
- ❖ Banking & financial services
- ❖ Energy & infrastructure
- ❖ Commodities
- ❖ Charities & NGOs

#### Key Accreditations & Education:

- ❖ Further Education in Analytical Psychology, CG Jung Institute Zürich (ongoing)
- ❖ ICF Team Coach Series (2023)
- ❖ Hogan Certification (2022)
- ❖ MA in Jungian & Post-Jungian Studies (Distinction), University of Essex (2020-21)
- ❖ ICF Associate Certified Coach (2020)
- ❖ ICF Accredited Coach Training Program in executive & organisational coaching, Bailey Balfour (2019-20)
- ❖ Solicitor, England & Wales (2011)