

David Forster



David is a certified coach and holds a Masters in coaching and a Masters in Neuro- leadership. He is a mindfulness practitioner, Mindfulness based relapse prevention teacher, a Change Pro Master Facilitator, and Facilitator's Trainer at Learning Ways. He is a trauma informed coach after having completed his full training in Somatic experiencing to become an SEP. He has previously taught, as a clinical faculty, at IMD Switzerland, Aalto university Finland, Thunderbird School of Management USA and HEC Paris.

He has been practicing leadership coaching since 2006 which has now become his primary activity and talent. Furthermore he has experienced that it is the role of coaches to facilitate the emergence of what the coachee(s) already knows to be true, enabling them to grow in the direction they choose. This implies a coaching technique that is centered and neutral, in short a non directive coaching approach.

In addition David holds certifications in: coaching, Myers Briggs type indicator (1&2), Leadership effectiveness assessment (360 LEA), Individual development indicator (IDI), Personal Directions (PD), Gallup employee engagement, Motivational factors, Mindfulness based stress release (MBSR) and Mindfulness cognitive therapy (MBCT).

In his executive coaching practice he has extensive experience working with multinationals to facilitate and coach executives to new levels of performance. David has worked with ExxonMobil, EDF, Celgene, Essilor, EBU, Nestlé, Adidas, Bayer, Hertz, Unilever, Roche, BAT, AMP, Swiss Re, Volvo Meggitt, Engie, Arkema, Toyota and Sika.

He has diverse experience in having coached all over the world in areas as diverse as Iraq, China, Oman, Russia, Europe, the US and Australia. Having worked in these diverse environments has allowed him to show a certain degree of flexibility, sensitivity and understanding towards other cultures.

His current area of research is in the area of how trauma has impacted trust and decision making at the leadership table. He is increasingly asked by organisations to help build mental safety and trust. He is increasingly finding that highly talented executives, who have been momentarily impacted by intense situations, require facilitation and counselling in order to rediscovery equilibrium in their lives and decision making processes.

Qualifications

2024	Somatic Experiencing® Trauma institute (UK)	Advanced II & somatic experiencin ^g ® practitioner (SEP)
2023	Somatic Experiencing® Trauma institute (UK)	Advanced I
2023	Somatic Experiencing® Trauma institute (USA)	Intermediate I, II & III
2022	Somatic Experiencing® Trauma institute (USA)	Beginner I, II, III
2020	The Mindfulness Network (UK)	Mindfulness teacher training I
2015	University of Massachusetts Medical School - Department of medicine division of preventative and behavioural medicine (USA)	Mindfulness tools™
2015	NeuroLeadership Institute (USA)	Executive Masters in Neuroleadership Program
2014	University of Massachusetts Medical School - Department of medicine division of preventative and behavioural medicine (USA)	Mindfulness Based Stress Release - 8 week program
2012	The Centre for Applications of Psychological type (USA)	Myers Briggs Type Indicator® Step 1 & 2
2011	IDC - Institut de coaching, Geneve	Coach trainer training Professional coach certification
2010	IDC - Institut de coaching, Geneve	Master coach in leadership & communication
2009	Learning Ways	Change Pro facilitators' trainer
2008	Learning Ways	Change Pro certified facilitator
2008	Management Research Group (USA)	Sales performance Assessment (Coach)
2008	Management Research Group (USA)	Personal Directions Assessment (Coach)
2008	Management Research Group (USA)	Leadership Effectiveness Assessment 360 (coach)
2006	IMD - Lausanne	Program for Executive Development
2005	IMD - Lausanne	High Performance Leadership
2003	IMD - Lausanne	Orchestration Winning Performance
2001	Heinz Goldman	Negotiating with the CEO

A copy of my certificates can be found [here](#)