

FLEUR J. PRIME

PROFESSIONALLY CERTIFIED COACH

ABOUT ME

My passion is learning, the unlimited human potential and transformation. I spent 20+ years in Education: teaching, lecturing, coaching, and training individuals and leaders. I have travelled extensively gaining unique insights into human behaviour, habits and cultural differences. Through this time, I gathered extensive knowledge, wisdom and experience.

I realised I had a talent for teaching, coaching and transformation and an innate ability to finely tune into people's emotions. I have always been fueled by having a positive impact in the world and, more recently, I discovered my passion is to help other female leaders.

When we work optimally and are fulfilled in all areas of our life we can have a greater positive impact. The greater the impact female leaders have, the better the world will be.

Through my personal transformation and life challenges I founded Fleur Prime coaching. During this time, I have raised numerous funds for various children's charities to enable underprivileged children access good Education.

I am unique, that when I work with people I can draw from all my knowledge in Health, Education, Neuroscience, Psychology, Human behaviour and Mindfulness Meditation to find out what is holding my clients back, what are their strengths and passions and what is the action and tools needed to move them forward. I believe most people focus on one area and find that they are making marginal progress. However, I can draw from many different areas and help my clients become committed, aware, knowledgeable and aligned, mind, body and spirit to ensure they can take action and sustain a better and conscious way of living which improves all areas of their life.

As a mother of 3 teenage girls I am motivated daily to show up and show them what a positive difference women can make in the world.

As my client founder of Luxley Communication expressed, 'Fleur is a mother of three who combines 20+ years in education with unique life experiences and coaching skills to deliver remarkable services with life changing results'.



MISSION

My mission is to empower women to have impact in their professional and personal lives.

My vision is a better world where empowered, empathetic, healthy women can have meaningful work and home life without making huge compromises to either.

CONTACT DETAILS

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CREDENTIALS

As Albert Einstein said 'Once you stop learning you start dying'. Believing curiosity is the beginning of wisdom, I continually enhance and develop myself and seek educational opportunities to learn optimal ways for women to be Empowered to Thrive.

I am a qualified coach with the IAPC&M, I am a Teaching and Learning expert and Led Challenging London Primary Schools and I worked at Kingston University for

many years coaching and training teachers and leaders. I have a degree in Teaching and a degree in Sports Science. I have a Health and Science Btec. I am Neuroscience of Change Certified, Mindfulness training Certified, an Accelerated Learner trainer, Thinking Skills Certified and Edward De Bono training Certified.

I am proud of the numerous clients whose lives I helped to transform, which has been as much of a learning experience as the accreditations I have achieved. We are all unique and we need unique personalised coaching which is exactly what I provide.

REFERRALS AND TESTIMONIALS

I saw Fleur at a time of extreme challenge. The demands of my job were taking over with a detrimental effect on my health and wellbeing. I was exhausted, unhappy and I missed my children. I didn't know how, or where, to begin to make things better. Fleur was friendly and approachable and immediately put me at ease. She used a suite of practical tools to stimulate the conversation and help me crystalize my thinking. It helped me see that my values were at odds with the values of the person I was working for. This level of clarity helped me get to the root of the problem and make positive changes at work." [Anna Global Business Director BT](#)

"Fleur's support as a coach has been instrumental to me when making difficult decisions or dealing with challenging situations in my life. She approaches coaching from a very supporting and compassionate view point and even when discussing very difficult issues, I felt energised, empowered and uplifted after the sessions. Her ability to see beneath the outer layers of situations discussed, enables her to ask insightful questions which have led to significant personal growth". [Sonia Lay - Senior Teacher/English Lecturer](#)

"Fleur draws upon a well of experience and research, which when combined with her zest for life and passion for helping others to succeed, enables her to drive positive change as a skilled and insightful coach. Sensitive, empathetic, but with a boundless, infectious energy, she knows how to supportively push you out of your comfort zone. The results are fresh perspectives and revitalised thinking that deliver significant impact and empower her clients". [Ben Barnett Chairman at AGT Retail Limited](#)

"Fleur has been my coach for some time. We have worked together on a professional and personal level. I could not recommend her more highly. She is motivated by everyone person she meets meeting their highest potential. She lives and breathes what she teaches and guides. She asks the right questions at the right time. She challenges when she knows you are playing small or safe without making you feel she has. She is a deep and strategic thinker and while she may know the answer she helps and guides you to your own version of what's right for you. She is vulnerable, approachable and real" [Victoria Boxall-Hunt Group Operations Director at MARCOL](#)

"As, like many other businesses, NBCUniversal hit the six-month mark working remotely we felt that it was really important for the Women's Network to start supporting one another to not just survive but Thrive in our personal and professional lives. With this in mind we booked Lucia and Fleur to host an event for us centred on this.

Lucia and Fleur curated an interactive workshop for us called 'Empowered to Thrive' which provided techniques and tools that helped us re-connect with our minds, body and heart. The feedback from our employees was unanimous; we all came away feeling like we were no longer just surviving, but thriving.

If you are looking for support in re-focusing for the future then I could not recommend booking Lucia and Fleur highly enough." [Alison Mathers Director, Executive Search & Chair, International Women's Network](#)