

## **Kate Baggio – Associate Consultant**

### **Personal Profile**



In 1985 Kate began her career focusing in the travel industry where she gained the experience of dealing with a variety of personalities and customers.

After 6 years Kate realised that her real love was dealing with the health and fitness sector and helping people to achieve their personal goals.

In 1991 Kate joined a leading health and fitness organisation as a lecturer concentrating on fitness training and exercise to music. Kate soon became a course director responsible for creating programmes and keeping existing programmes at the leading edge in the industry

In 1998 Kate moved to Bournemouth to become a centre manager in charge of a team with responsibilities for coaching, training, sales and marketing and admin support.

With the feeling of wanting to make a difference and help people, Kate decided to cut the ties, take a risk and go into a freelance role still concentrating on personal development and health and fitness where she qualified as an NVQ assessor and was responsible for assessing other trainers.

Kate later took her career to another level by qualifying as a life coach to enable her to take coaching into business and to a wider audience and has an ever expanding base of clients utilising this service.

Kate joined Potentialplus in 2001 as an Associate trainer delivering performance programmes, integrating wellness into business and supplying 1-1 coaching for staff and managers within large organisations across the UK.

Kate is married and has a recently become a mother for the first time.

Kate enjoys an active lifestyle and participates in a number of diverse activities from climbing, abseiling, canoeing and mountain biking.