

Trainer Biography

Prof Stephen Palmer PhD CPsychol CSci CBiol FISCP Accred

Stephen is an award-winning Chartered Coaching Psychologist, Chartered Scientist, HCPC Registered Counselling and Health Psychologist, and APECS Accredited Executive Coach and Supervisor. He is President and Fellow of the International Society for Coaching Psychology, Vice President and Honorary Fellow of the Institute for Health Promotion and Education, former President and Honorary Fellow of both the International Stress Management Association (UK) and Association for Coaching. His Fellowships reflect his specialisms and include the Institute of Leadership and Royal Society of Biology. Over the past three decades he has edited a number of journals and is currently Editor of the *Journal of Ecopsychology*, Executive Editor of the *International Journal of Coaching Psychology* and Consulting Editor of the *International Journal of Health Promotion and Education*. He has written/edited 60 books including *How to Deal with Stress* (with Cooper), and *Handbook of Coaching Psychology* (with Whybrow). His university posts include being Honorary Professor of Practice in the Institute of Management and Health at the University of Wales Trinity Saint David, and Adjunct Professor of Coaching Psychology in the Department of Communication and Psychology at Aalborg University, Denmark. He is Co-ordinating Director of the ISCP International Centre for Coaching Psychology Research and its Faculty of Wellbeing and Health Coaching Psychology. His pastimes include coastal walking and chilling out to jazz.