

Avril Carson

Inspirational Speaker, Success Coach and Workshop Leader.



Avril's personable, professional and infectious style has created an impressive range of credible and grateful clients who have been employing her talents in business for over 20 years. She is a long-standing and dedicated team member of Success Intelligence and The Happiness Project (see below), and she brings unique talents and coaching models to the range of services that Success Intelligence provides to its clients.

Success Intelligence

Success Intelligence (S.I.) has been hailed as one of the most exciting coaching programs in the world today. It is used by individuals and organizations to explore the heart and soul of authentic success. Success Intelligence masterclasses, leadership programs, and coaching courses have been used by global brands (DOVE and The Body Shop), media groups (BBC and Virgin Media), and international companies (Unilever and Sony). Other clients include Accenture, Massachusetts University, IHG, Rolls Royce, and Royal National Theatre.

Whilst much of the work of Success Intelligence happens in-house for clients, there is also an annual public program that features our signature 3-day Success Intelligence Intensive. This course is an opportunity to get coached by members of the SI team: Robert Holden, Ben Renshaw and Avril. Also, there is a 5-day certified training program that is very popular with people who want to use Success Intelligence in their own work. For more information visit www.successintelligence.com. For new dates visit the Events Diary.

Happiness Project

Robert Holden founded The Happiness Project in 1995. The signature event of this project is an 8-week happiness course that was famously tested by independent scientists for a 40-minute BBC science documentary called How to be Happy. The scientists described the program as a "genuine fast-track to happiness." Professor Davidson, of Wisconsin-Madison University, stated, "This happiness training not only changes the way you feel; it actually changes the way your brain functions." For more information about this unique course visit www.behappy.net. For course dates visit Events Diary.

We present an annual program of talks and seminars to the public and professionals. The team also present a 5-day certified training program called Coaching Happiness. This program is very popular with people who want to dive deeper into the theories, principles, and practices of The Happiness Project. For more info visit www.behappy.net

"Show up and Shine"

Avril's training with the Royal Shakespeare Company and her broadcast experience with the BBC continue to inspire her work. Her signature strength is in her work on Personal Impact: 'Show up and Shine' and she has also created an exceptional range of leadership interventions highly valued by many of our clients. Her qualifications in 'NLP' and the 'Enneagram' alongside the breadth and depth of her experience and learning, make Avril a leading light in her field. Her many clients have included Virgin Media, Zurich Financial Services, M&S, Rolls Royce plc, Premier Foods, BAE Systems, Premier Foods, BAA, DWP Private Office, Job Centre Plus and many leading firms of solicitors.

Programs, delivered as Keynotes, Masterclasses, Coaching Sessions and Workshops, combine with the core content of Success Intelligence, enable teams and individuals to flourish. Avril facilitates processes that look at styles of communication, first impressions, relationship building, conflict resolution, stress management and much more. Teams and individuals are re-energised and recharged through Avril's encouragement and guidance, bringing out qualities such as true engagement, crystal clear thinking and inspired creativity.



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Client Endorsements for Avril's work:

Avril Carson has made a very significant contribution to Rolls-Royce over the last 20 years. She has coached senior managers, supported the development of women, enhanced our communication, presentation and media skills, and is recognised as a real expert in all aspects of behavioural skills. She has facilitated small groups and large conferences, and the feedback is always exceptionally positive.

Margaret Gildea, Executive Vice President of Human Resources Rolls Royce plc

I have worked with Avril over the last 6 years and always find her sessions inspiring and motivational. Her enthusiasm to help people develop their confidence and grow is hugely infectious, her ability to be flexible with content ensures people get what they need, so demand is always high for any programme that Avril runs!

Sian Evans, Head of Talent, Premier Foods

DLA Piper regularly use Avril at a senior level. Our partners and senior managers find the individual tailored approach to coaching invaluable.

Amber Moore, National Training and Development manager

I have worked with Avril on various development initiatives over the last 4 years. She is always energetic, enthusiastic and passionate about what she does and a true professional, the personal impact and presentation skills coaching Avril delivered was raved about by our middle and senior managers and I would highly recommend using Avril in this area as well as an executive coach and facilitator.

Caroline Joy, Virgin Media

