



Helen Bailey, Managing Director and Head of Coaching at PINNA, shares with us a little of herself...

What single thing would improve the quality of your life?

I guess a personal assistant at home to organise things for me and give me more time for myself. Hmm, perhaps I'll look into it...

What keeps you awake at night?

The difference PINNA can make and all the possibilities and opportunities that opens up.

If someone made a movie of your life would it be a drama, a comedy, a romantic-comedy, action film, or science fiction?

A romantic comedy - I'm a complete romantic! I guess a comedy too because I feel my life is so much fun at the moment - I feel so lucky & I'm really appreciating it.

What fact do very few PINNA clients know about you?

I have a fabulous 16 year old daughter.

Are you a morning or night person?

Night.

What's the best piece of advice you've ever received?

"if it can be said, phone instead" is something someone told me very early in my career in the bank & it's always stuck with me - I always prefer to call someone or speak face to face than email them. Generally, what I find works for me is good questions rather than good advise - I guess that's the coach in me.

What's the weirdest thing you've ever eaten?

I don't really eat weird things! I have to smell things before I eat them - which I suppose is a bit wierd. If I think I won't like something - I won't eat it - what's the point?

Where was the last place you spent a weekend away

My lodge in the lakes

What makes you laugh?

Loads of things. Things that I find unbelievable. Good things that happen. Being happy.

What would be the 3 things you couldn't live without on a desert island?

My new personal assistant now I've realised I need one!

Some kind of food parcel so that I wouldn't need to eat weird things!

My daughter, Lucy.