

Luke Shaw – Bio

I strive to help people effect positive change in their lives.

I bring a unique set of skills to the field of training, one that is rooted in psychology, performance and behaviour.

I have been involved in behavioural and communications based training for over 20 years, both as a facilitator and business role player. In that time I have worked in over 200 different organisations both in the public and private sectors using a wide range of experiential learning techniques. I am a qualified practitioner in several psychometric tools, including: SDI, DiSC (PPA) and TEIQue and also have a strong working knowledge of other profiling metrics including Myers Briggs (MBTI) and Insights.

From the outset my background is a performance based one. Having trained at LAMDA I have worked as a professional actor for over 25 years, worked in TV & Film as well as touring the UK's theatres extensively and appearing in several West End productions. I place a high importance on how I use my voice and body in performance and the knowledge and experience I take from these disciplines also underpins and informs the training practices I engage in with working professionals.

I am also trained in Cognitive Behavioural Hypnotherapy as well as Schema Mode Therapy and have been in private practice since 2011, helping people understand and overcome a wide range of psychological and emotional limitations

I work with both businesses and individuals to help create behavioural learning experiences that are informed by an understanding of who we are and how we operate as people, as well as the passionate belief that the ONLY way to embed any notion of learning is through practice, practice, practice!