



Sally Rowland



Head of Assessment and Psychology

Empowering individuals and organisations to reach their potential through psychology, evidence-based practice and sustainable behavioural change.

About

I am a practical, compassionate and effective practitioner and psychologist. My background is in business and Occupational Psychology including selection, training and facilitation and development across all levels.

My passion for people drives my collaborative and evidence-based approach to work. I enjoy working with clients to truly understand their challenges, build personal relationships and balance the needs of the client with robust measures that provide positive impact.

Outside of work, Sally enjoys live music and comedy, walking her Golden Retriever Benji.

Approach



People first
Listening, collaborating and truly understanding the individual is at the centre of my approach.



Evidence-based
Building assessments which are meaningful, ethical and robust, so the results produced are impactful and sustainable.



Ethical
Balancing ethics and pragmatism to make the most effective decisions.



Built on Trust and Psychological Safety
Everything is centred around trust and psychological safety. The client and I are working together, and both are respected, listened to and valued.

Experience



Designed and facilitated Leadership programmes for first time managers, middle managers and senior leadership teams



Designed and built bespoke individual, 180 and 360 degree assessments which supported individual and team growth



Spearheaded the adoption of blended training and facilitation methodologies



Combined psychology, psychometrics, coaching and practical decision making to produce effective programmes, workshops and training to organisations.

"Sally is driven to do what is right for the company and cares deeply about the success of the organisation and its people. I recommend her as a business professional."

Qualifications and credentials

BPS
Member

EQ-i 2.0 Practitioner &
Master Trainer

16pf

MSc Occupational and Organisational
Psychology

NEO-PI-R

Pearman Personality Indicator

PAPI3+

