



Michael Costello

Senior Consultant

Turning psychological insight into meaningful leadership and organisational change.

About

Michael is a Chartered Psychologist, executive coach and leadership development specialist with over 20 years' experience helping individuals, teams and organisations navigate change, develop leadership capability and improve performance. He has worked across the public, private and third sectors, designing and delivering practical development programmes that create lasting impact.

Michael combines deep expertise in psychology with extensive experience of leadership development, coaching and organisational change. He is passionate about helping people build confidence, strengthen relationships and lead effectively through complexity and uncertainty.

Approach



Combines psychological insight with practical workplace application to create engaging, evidence-based learning experiences



Builds self-awareness, resilience and leadership confidence.



Uses psychometrics to unlock individual and team potential.



Creates practical learning that translates into workplace results.

Experience



Delivered leadership programmes to 10,000+ civil servants.



Designed and delivered leadership solutions for organisations including Nike, Liverpool FC and the British Red Cross.



Executive coach to CEOs, Directors and senior leaders.



Host of the Management Today podcast, interviewing leading figures from business, sport and public life.

Qualifications and credentials

Lumina Spark Learning Practitioner

OPQ32

Saville Wave Practitioner

EQi/360 Practitioner

BSc (Hons)

Harrison Assessment Practitioner

"I aspire for reliability, kindness and challenge to be demonstrated in every aspect of my work."