

**A Media Resource Fact Sheet  
for  
Personal & Professional Coach  
Paul Stretton-Stephens  
'Coach Paul'**



**POWERFUL COACHING FOR  
EXTRAORDINARY PEOPLE**

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It's all about helping people discover their best  
in life and business

Fresh Perspectives - Rock-Solid Mindsets – Lasting Change  
Increased Confidence - - Compelling Futures

***My Mission***

*My mission in life is to leave the world a more interesting place for me having  
been here, and I especially relish working with those who can make a positive  
impact in our world.*

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## Biographies

### Short Bio (3<sup>rd</sup> Person)

***Paul Stretton-Stephens is a visually impaired coach, author, speaker and founder of The Optilosophy Project***

*Paul's mission in life is to leave the world a more interesting place for him having been here, and he especially relishes working with those who can make a positive impact in our world.*

Paul enjoys being an expert coach with over *twenty-five* years coaching and teaching experience. He usually works with a range of high-performing individuals to take them from where they are now to where they want to be – he helps them achieve what otherwise would have been considered impossible.

When this proud veteran is not coaching or writing you'll find him walking on the beach, eating out, or going to the theatre with his wife.

### Long Bio (First person)

Hi, I'm Paul Stretton-Stephens, the visually impaired coach, author, speaker and founder of The Optilosophy Project.

I've worked with people practically all of my adult life and when I say worked with them I mean I've either helped, coached or taught them in either sport, business, or life. I've worked with all ends of the spectrum of human life, the vulnerable, the fragile, the leaders and the successful, in a variety of settings. And with a profound interest in personal and professional development, I've continually honed my craft along the way learning from the likes of Tony Robbins, Wayne Dyer, Deepak Chopra, Stephen Covey, and Brian Tracey to name but a few. In fact, I've invested heavily in terms of finance and an incredible number of hours over the last 30 years into personal and professional study of leadership, management, coaching, teaching, psychology, and personal development, so my work draws from a wide range of teachings and methodologies.

My coaching started just after I had left military service where I gained my Home Office certification as a Physical Education Instructor. This intensive course enabled me to attain the following coaching qualifications:

*Amateur Swimming Association Teachers Certificate  
British Amateur Weightlifting Association Instructor  
British Basketball Association Coach  
British Canoe Union Supervisor  
English Volleyball Association Coach  
Rugby Union Preliminary Coach  
British Amateur Gymnastics Coach  
Control and Restraints Instructor  
Basic Mountaineering Expedition Award Leader*

Certification was followed by years of invaluable experience in coaching teams and individuals and copious amounts of continuous professional development. A back injury curtailed my career and redirection was necessary. And to say that this was not without great personal physical and psychological challenge is an understatement. However, with resilience, a positive attitude, and a track record of self-belief and values that would not permit me to throw in the towel, I adapted, overcame obstacles, and embarked upon a new career.

Without delay, I returned to education and attained a Higher National Diploma in Business and Marketing, A Degree in Business Management, and a Post Graduate Certificate in Education (Post Compulsory Education and Training). I also became an NLP Practitioner, and a Certified Coach, and I can honestly say I've put everything I've learned to good use, even the algebraic equations and the business French.

Since, that redirection in life I've been: divorced, happily remarried to a wonderful woman (for 21 years now), a company director twice, an executive coach (Purely Success Coaching), a board member of an international organization, a charitable trustee, a registered university lecturer, a leader in education, and a fiction writer. During which time I've taught and coached leadership, management, and public speaking to countless individuals.

I've also lived in Spain for eleven years and travelled extensively. I firmly believe that travel is good for the soul.

I left my last role with the biggest ever challenge of my life to confront. I'd developed an eye disease which resulted in a significant loss of sight and I couldn't continue in the job I loved as a leader in education. I officially finished my work in the August of that year, and because I have a thirst for living life to the full, I registered as a self-employed author in November, writing fiction. I wasted no time and undertook further training and adaptation to use specific technologies such as speech to text and text to speech software. And whilst writing has its own challenges, it can often at times be a lonely, isolating pursuit, especially for someone like me who is a people person. So, after helping some friends, I decided to open up my coaching practice again, and haven't looked back.

You see I'm passionate about working with people, especially those who are intent on making a difference to our world and I recognise that these extraordinary, successful people face challenges too. They may be powerful leaders, passionate individuals who thrive on success and vision, and yet they can still feel that the next stage in their life is a new, daunting, and seemingly insurmountable challenge; a giant leap. I work with these people to help them transform those feelings, qualities, and capabilities into future proof realities for their benefit, and the benefit of others.

I'm happily married, I've travelled extensively, and I've lived abroad for some years. I now live in Devon where I just adore living by the sea, enjoy walking and taking picnics. I also value time with family & friends, Music, (especially Gypsy Jazz), Musicals, Films, Travel, and Life itself! Oh, and I'm not one to let

my visual impairment stifle my activities, so I'm learning to play the guitar. Wish me luck on that one!

## **Need an Expert? Seeking a soundbite?**

I'm available for interviews, quotes and press engagements on a range of topics, including:

- Super or Deep Listening
- Fresh Perspectives
- Shifting & Rock-solid mindsets
- Lasting change
- Common excuses holding high-performers back
- The power of mental rehearsal
- Passion and purpose
- Cultivating gratitude
- Goal setting Plus

To get in touch, simply, email me at [paulsscoaching@gmail.com](mailto:paulsscoaching@gmail.com)

## Profile Photographs

**Paul\_Stretton-Stephens\_879mb**



**Paul\_Stretton-Stephens\_160kb**



## Paul\_Stretton-Stephens\_61KB\_66KB



### Contact & Social Media Details

Website: <https://coachpaul.expert/>

Twitter - <https://twitter.com/CoachPaulSS>

Facebook Page: <https://www.facebook.com/CoachPaulSS>

Pinterest: <https://www.pinterest.co.uk/coachpaulstrettonstephens/>

Instagram: <https://www.instagram.com/coachpaulexpert/>

LinkedIn <https://www.linkedin.com/in/paul-stretton-stephens/>

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If you have any questions relating to this media resource sheet or wish to contact me for an interview please use any of the following touch points:

[paulsscoaching@gmail.com](mailto:paulsscoaching@gmail.com)

WhatsApp me on +44(0) 7484 130 395

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Thank you for being here,

Paul