

Po Lindvall

Associate Consultant (Sweden)

Po's experience of coaching the Swedish freestyle skiing and luge teams and then applying coaching to business organisations provided him with the expertise and understanding to write his book 'Coachologi' in 2005, and is now writing on his doctoral thesis in executive coaching.

Since 2007, Po has been heavily involved with the European Mentoring and Coaching Council (EMCC) and is currently the President of EMCC Sweden.

As well as his Swedish mother-tongue, Po speaks English and understands Norwegian and Danish. He is married to Marie (also a published author) and has three children and two dogs. Po lives in Stockholm where he enjoys reading a good book, travel and a good conversation. And by the way, watch out – Po is an expert in martial arts!



Specialist areas

- EMCC Master Practitioner Coach
- Performance psychology
- Coaching assessment
- Leadership training
- Stress management
- Culture change
- Sales and performance coaching
- Internal communication
- Organisational Development

Selection of Po's Client Experience

- Ericsson Telecom - Design and delivery of executive Coaching and team development
- TeliaSonera - Design and delivery of developmental training of internal coaches
- Scania - Coaching research, management seminar and leadership coaching
- Quesada - Design and delivery of management board development, leadership development, executive coaching and cultural change
- Roche (Sve, Nor, Dan) - Leadership development and executive coaching
- Amgen (Sve, Nor, Fin) - Design and delivery of leadership development, executive coaching and mapping of organisational processes
- Sundström Safety - Executive coaching and organisational analysis
- Matchning Södertörn - Design and delivery of leadership and sales development
- Da Matteo - Executive and sales coaching
- Swedish Ski Federation - Performance coaching of national freestyle skiing team