

# RICHARD AYLING

FACILITATOR,  
TRAINER & COACH



## CONTACT

[Coaching website](#)

[Re-align website](#)

[LinkedIn](#): Richard Ayling

[Key2Advance profile](#)

## EDUCATION

**Higher National Diploma**

2000 - 2002 | University of Portsmouth

**Sociology & Media**

1998 - 1999 | Southdowns College

**Communication, Law, & English Lit/Lang**

1996 - 1998 | HSDC Havant & South Downs

## CERTIFICATIONS

- **Certified Coach & Associate**, Self-Worth Academy
- **CELTA certification in language and communication training**, Cambridge
- **Level 1 Authentic Relating Trainer**, ART International
- **Certified Wim Hof Method Instructor**
- **Yoga and Meditation Instructor**, RYT 300

## ABOUT RICH

Richard Ayling is an experienced trainer, coach and facilitator, specialising in communication, emotional intelligence, resilience, and wellbeing. As a former company founder and someone who has lived and worked around the world, Richard brings a rich cultural perspective and a deep understanding of the complexities of today's workplace.

With over 30,000 hours of training & coaching and more than 15 years of experience, he has supported C-level executives, senior managers, and young leaders across various industries, helping them to navigate challenges and lead with greater impact. Richard's approach, rooted in a blend of neuroscience, mindfulness, and entrepreneurial insight, is focused on fostering emotionally intelligent high performers, and transforming cultures for a healthier and more humanised work environment.

In addition to his work with organisations, Richard is dedicated to supporting men in enhancing their relational and mental wellbeing. Through his workshops and networks, he promotes emotional intelligence and healthier communication within male communities, helping build resilient, authentic leaders.

## PORTFOLIO

Leadership Coaching

Training

Facilitation

Team Performance

Emotional and Relational Intelligence

Resilience and Wellbeing

Advancing Relational Health in Men

- Mens retreat: [website](#)

## Q&A

### 1) How did you get involved in key2advance?

I reached out through Johannes, who I'd met through a good friend. He introduced me to Mona, and immediately I knew I'd connected with someone who actually cares about people - my kind of organisation!

### 2) What experience do you bring to the community?

I've been coaching and facilitating for over 15 years, supporting leaders at all levels to navigate challenges and grow into their potential. My experience spans industries and cultures, and I love bringing those insights to the Key2Advance community to help create meaningful leadership and healthier workplace environments.

### 3) What value does coaching and training bring to your clients?

My coaching and training creates a space for clients to go below the surface and explore what truly drives them and their teams. It's about humanising work environments, building trust, and helping people connect more deeply with themselves and others. The result is not just better performance but more fulfilling and balanced lives.

### 4) How do you work with your clients to ensure the perfect session?

I start by really listening to understand their needs and what's beneath the surface of their challenges. From there, I create a safe space for open dialogue and reflection, blending this with practical tools and strategies. It's about meeting them where they are and co-creating sessions that leave them feeling empowered and ready to take meaningful action.

### 5) What's your favourite part of being part of the key2advance community?

I love being part of a group of passionate, like-minded people who genuinely care about making a difference. It's inspiring to collaborate with others who share the vision of creating healthier, more human work environments while learning and growing together along the way.