

# evidence-based psychology solution-focused coaching



www.drgarywood.co.uk

Chartered psychologist, coach and author

**Dr Gary Wood** provides expert services in **psychology**, **coaching** and **research** for individuals and organizations. Working in diverse arenas, Gary combines a solid academic background with a strong emphasis on applied psychology. He brings his trademark down-to-earth, evidence-based, solution focused approach to all aspects of his work in the areas of teaching, training, coaching, research, writing and broadcasting.

Contact

E : [info@drgarywood.co.uk](mailto:info@drgarywood.co.uk)

Ask how Gary's approach can benefit you, your project or organization

## Services

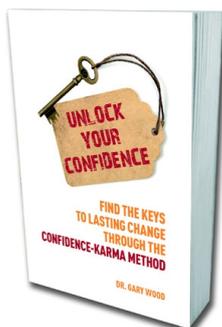
- **Teaching & training** – psychology, learning skills, research
- **Coaching** – professional, personal & academic development
- **Research** – design, ethics, analysis and report writing
- **Writing** – including books, journal articles, magazine features
- **Broadcasting & media** – including media quotes, contributions to TV and radio programmes & news stories, and presenting

*"Psychology has something to say about every aspect of who we are and how we make sense of the world. Wherever my work takes me, it is all about applying evidence-based psychology and coaching in an accessible and meaningful way. It's always about keeping it real, keeping it relevant and always having an eye on workable solutions"*

- Gary Wood

## Books

As well as academic papers and working as an agony uncle in magazines Gary has written three self-help books. His current book is **Unlock Your Confidence**. His previous book **Don't Wait For Your Ship to Come In... Swim Out to Meet It**, has been translated into French, Korean, Arabic and Czech.



[www.confidencekarma.org](http://www.confidencekarma.org)

## Clients

**Include:** American Airlines, Bahlsen, Baum Media, BBC, BBFC, Birmingham LGBT, Birmingham REP, Brook, Endemol, Engine, firstdirect, Gloucestershire Hospitals NHS Trust, Hotbed Media, IPPF, ITC, IWC Media, Learning Skills Council, MHP Communications, Orion Media, Payments Council, Powergen, Prospect Pictures, Royal Free Hospital, TriMedia, UCL, & West Midlands Police

## Projects

**Include:**

- NHS policy evaluation with UCL
- National media campaigns for Payments Council, and Learning & Skills Council
- Literature review for TV regulator policy on subliminal images
- Minority group analysis in broadcasting for BBC
- Theatre-based schools sexual health project
- National magazine agony uncle
- LGBT service needs analysis

## Broadcasting

**Includes:**

- BBC's The Big Questions
- BBC Radio 4 Woman's Hour
- BBC Sunday Morning Live
- Big Brother's Little Brother
- Money Spinners
- Trisha Goddard
- BBC Five Live Late Show
- National news programmes

## Social Media

- **Twitter:** [@drgarywood](https://twitter.com/drgarywood)
- **Facebook:** [drgarywoodpage](https://www.facebook.com/drgarywoodpage)
- **YouTube:** [drgarywood](https://www.youtube.com/drgarywood)
- **LinkedIn:** [drgarywood](https://www.linkedin.com/drgarywood)

Check out Gary's psychology & coaching blog at:

[www.psycentral.co.uk](http://www.psycentral.co.uk)

## About Gary Wood

**Dr Gary Wood** (BSc[Hons], PgC, PhD FHEA, CPsychol, Csci, AFBPsS) has taught psychology, learning skills and research methods in several UK universities. He has worked as an 'agony uncle' in magazines on radio and TV and is widely quoted and featured in press and news stories. Gary is a **Chartered Psychologist, Associate Fellow** with **The British Psychological Society** and a **Member of the Society of Authors**. He holds a first class honours degree in Human Psychology, a doctorate in social psychology, several teaching and coaching qualifications, and has also trained at **Birmingham School of Acting**. Gary is based in Birmingham and Edinburgh where he runs his own coaching and training practice and research consultancy. In his spare time he eats, sleeps, reads and occasionally sings.

Translating evidence-based psychology and coaching into workable solutions