

Samantha Southey

Sam's passion is bringing solutions to individuals and businesses to enable them to move closer towards their goals. She has experience in analysing training requirements, using training needs analysis, as well as the design and the delivery of bespoke training events.

Sam is at her best running team building events and delivering 1-2-1 Coaching. Her eleven years working in the financial services (with RBS and Virgin), has provided her with experience and skills that now enable her to work as an associate with MTL. She holds a CIPD Certificate in Training Practice.

She has recently returned from a two year trip where she travelled overland to India and spent time in Australia mastering Horsemanship skills, and time in Mongolia travelling in remote areas on horseback.

Her favourite saying is:

"Grinners are winners"

Personal Information

Sam is married and lives in Gloucestershire. Her hobbies include horse riding and horse training, hill walking, scrambling and indoor climbing. Amongst other things, Sam has undertaken a journey on horseback of 375 miles in Mongolia and plans to return to the country to ride 1500 miles across the steppe and become part of the Long Riders Guild.

