

Catherine Stothart is a Leadership Coach working with multi-national companies including Airbus and Google. She has coached and trained hundreds of leaders to engage and motivate their teams and to develop themselves, and often uses personality type in her work. She qualified in the MBTI 30 years ago, immediately loved it, and has continued to explore personality type and related models ever since. She is currently on the Board of the British APT as Director of Events.

Her best-selling first book, [*How to Get On with Anyone*](#) (2018, Pearson) builds on Linda Berens' Interaction Styles model and is a guide to understanding others and communicating with confidence and charisma. It has sold over 11,500 copies and is translated into five languages.

Her latest book, [*Motivation: The Ultimate Guide to Leading Your Team*](#) (2022, Routledge) is based on temperament and the core psychological needs we share. It's a practical book for managers – and for people in HR/L&D - who want to know how to motivate their teams, improve their well-being, and feel motivated themselves.

Check out the Resource Hub on Catherine's [website](#). Connect with her on [LinkedIn](#) and follow her on [Twitter](#) @CatherineStoth1.