



# COACHING AND MENTORING

## CASE STUDY

## Elise Gellatley

Chief Inspector , Met Police

Elise joined the Met in December 2003 and has served in roles including response, investigations, Professional Standards and Performance.

She has led partnership teams and has been instrumental in the development of work in areas including prostitution, trafficking, schools and youth engagement and counter terrorism.

**Mentor: Chief Superintendent Steve Wallace, Met Police**



### Elise:

*"I would recommend coaching and mentoring to anyone. It has been hugely instrumental in building my self-confidence and identifying new opportunities for personal development.*

*I always thought I was doing OK in my role, I'm well respected and I'm good at my job, but actually, my true potential probably wasn't being realised.*

*A mentor can take that objective look at you and your career, and notice something that you can't see in yourself. Steve gave me a renewed confidence, showed me new career directions I wouldn't have considered, and was fundamental in my successful promotion to Chief Inspector."*



### Want to know more?

Visit the Coaching and Mentoring page of the [Police Superintendents' Website](#) where you will find full information plus a list of all trained coaches and mentors available to you.

If you're interested in becoming a coach or mentor, check the PSA website for details of training events that will take place every year between January and March.

