

Biography



Richard Reid

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Richard Reid is the Chief People Officer for Harneys law firm and is based in our London office. He leads the firm's people, well-being and culture functions, helping to enhance employee performance through coaching and psychological consulting.

He has over 20 years of experience delivering high-quality well-being and psychological services to a diverse and discerning clientele, including C-suite executives, entrepreneurs, and high-net-worth individuals across various industries and sectors.

Richard is a senior HR professional, a media spokesperson, a published author, and a conference speaker passionate about promoting psychological safety, mental health awareness, and emotional intelligence in meaningful and impactful ways. He has collaborated with institutions such as the City of London Police, the Ministry of Defence, and the National Crime Agency, and he has appeared on prominent news outlets such as Sky News, BBC, and Bloomberg.

He is a highly qualified psychotherapist and leadership coach. Richard's focus includes trauma, stress management, and communication skills. He specialises in teaching senior professionals advanced body language and voice modulation skills, influence and persuasion techniques, and strategies for promoting greater gravitas and credibility with key stakeholders. He has worked in various sectors, such as transport, pharmaceuticals, banking, and professional services.

Education

University of Birmingham (BA)
1996