



“My experience working with Jane was entirely positive and energising. Her professional style was direct with sensitivity and allowed us to hone in on primary areas efficiently and effectively. She was a joy to work with”

How Coaching Can Make a Difference

My role as a coach is to act as a challenging confidante who works in partnership with my clients. I passionately believe coaching that is both supportive and challenging, can have a significant impact: enabling individuals to achieve their unknown best.

By adapting to specific client needs, a trusted relationship develops, enabling a deeper exploration of key issues. Benefits include an increased self-awareness of values, beliefs and behaviours, and the impact these have on the individual and others. This enables clients to develop sustainable solutions to the challenges they face and perform at their peak.

Recent Assignments

- Coached New director of recruitment agency - to change their behaviour with peers, team and executive board; Outcomes - continued to grow the business, £30million account secured, given new area and team to manage
- Coaching Finance director - to develop their leadership style increasing self-awareness and softening of autocratic leadership style
- Coached Senior Member of National Trust Retail Team – transition to more consultancy-based role. Reappraise personal and business goals and develop strategic plan; Outcome - currently a successful consultant

Coaching Specialisms

- Future leaders
- Transformational leadership
- Values-based coaching
- Working with high potentials
- Maternity
- Career development
- Teams

Business Experience

- A highly experienced and qualified coach with 10 years' experience
- Background in retail & sales.
- Head of People at Caffè Nero – helping grow the business from 6 – 90 shops
- Training manager with Pitcher & Piano responsible for 3 year training academy
- Sales account manager - Diageo
- Set up & ran own retail business supplying food products from small producers to households in Kensington and Chelsea

Qualifications and Accreditation

- MSc in Coaching and Behavioural Change
- Diploma in NLP
- Diploma in Performance Coaching for Business
- BACP Intermediate Certificate – Counselling Skills
- Psychometric Testing: Level A & B, DNA, SHL OPQ 32, Talent Q, EQ-i
- PROSCI (change management methodology), Diploma of Management Studies
- BSc (Hons) Environmental Sciences (Southampton University)