



## About Jane Lewis

Jane is a coach, consultant and trainer with over 30 years' international experience in the commercial, public, not-for-profit and educational sectors. In particular, she has a background in the oil, shipping, IT and consultancy industries. For over 16 years she has been involved in facilitating leadership and management skills development, and in executive coaching.

With extensive experience in HR and the 'softer' side of change management and business transformation, as well as a background in strategic IT and marketing consultancy, she understands the issues faced by all levels of leadership. In recent years she has developed a particular specialism in helping women develop their careers to suit their personal values and motivations without burning out.

A certified trainer of NLP, she is a powerful trainer, presenter, and learning and development expert, designing courses across a range of platforms and topics, from communication and presentation skills to personal impact, managing stress, strategic thinking, stakeholder management, coaching skills and more.

With a PhD in Spirituality and Leadership and an MBA, Jane is a qualified and accredited coach. She holds a PGCE in post-16 education, and as an educator has taught and supervised MBA, MSc and PhD students.

### Examples of Jane's work:

- Designing and/or delivering a range of leadership and management programmes and workshops for central government, regulators and small business owners
- Teaching leadership skills such as personal impact, presentation skills, executive presence, and deep listening as well as project management to students at top UK Business Schools
- Coaching organizational leaders and individual clients from a range of occupations and industry sectors around issues to do with career and personal well-being
- Executive coaching across Central Government
- In-house coach for One Of Many, a global organisation specialising in women's leadership
- Coach supervisor of the Association of Coaching and for One Of Many

### Professional Memberships

- Association For Coaching