Sarah Jones Coaching

Sarah Jones

Compelling Speaker, Leadership & Career Expert

Founder, Sarah Jones Coaching
www.sarah-j.com



With an impressive professional history that includes 25 years up to Board level communication and corporate affairs leadership, she was involved with the world's largest logistics merger & UK's largest public private outsourcing deal. Today, Sarah serves clients around the world from her home in Hertfordshire, UK.

Whether she is advising clients, giving a keynote speech, or sharing information with journalists and TV hosts, what she has to say comes from real experience. She learned in the trenches, by doing - not only by reading the same books and attending the same courses as so many other presenters. "They didn't exist at the time!" She points out.

Sarah makes frequent media appearances as a leadership expert, and makes for a fascinating interview.

Additionally, she speaks on global stages where she delivers engaging, empowering talks on a wide range of subjects. She gives workshops and seminars on a range of subjects under the banner of "Leading Consciously Into the Unknown" – a critical theme for today's volatile, uncertain, changing, and ambiguous world.

Prestigious speaking engagements include: Abbott, the Chartered Institute of Personal Development, the Institute of Directors, the Institute of Occupational Safety and Health, Pearson Business School, PR Week, Richmond Events, Women in Business, and many others.

Hers is an inspiring story, too - often called a trailblazer, it was her natural resilience and tenacity that led to her success. By her late 20s, she was the only female Board member involved in large-scale communications for merger, acquisition & change programmes. She has led successful UK & International communications teams for organisations including Abbott, AbbVie, AstraZeneca, DHL, and many others.

An expert in key leadership challenges, Sarah has been at the sharp end of all the topics she speaks about – she has been there, done that, and is passionate about shepherding others to success. Born with an entrepreneurial spirit and an insatiable drive to help others lead successful careers, today Sarah uses every opportunity - media and speaking engagements, as well as working with clients directly, to help people & teams identify what they need to change within themselves, to achieve the results they want.

Sarah helps audiences understand the principles of self-awareness to self-mastery - something she calls "Inside Out Leadership," because she has always believed that leadership starts within. That leadership is a mindset, not just a position.

Her message couldn't be more timely.

Testimonials

> Sarah is a professional business and personal coach who has spoken at several Chamber events on topics including business networking, dealing with difficult people and team performance. Sarah brings a refreshingly candid approach to her presentations, providing a clear explanation of the topic and including personal examples to illustrate her points. I would strongly recommend her as a speaker

Alison White Head of Events and Communications, Hertfordshire Chamber of Commerce

> Sarah is an inspiring and thought-provoking speaker whose expertise spans coaching and leadership development, real life practical strategies to help you progress to the next level in your career. She gave an interactive and informative talk to students at Pearson Business School about growth and fixed mindset and received a really positive response.

Adam Bradford - Adam Bradford Associates & Board Advisor to the Queen's Commonwealth Trust

Sarah conducts talks on the following key topics

- ABC of Leadership for Women (Assertiveness, Boldness & Confidence).
- Become a forward-thinking leader to banish stress and burn out NOW!
- Building and motivating high-performing teams.
- Communicate with assertiveness, influence, impact and ignite your career.
- From Manager to Leader - love it & land it.
- Grow and boost confidence and resilience in a fast and uncertain world.
- Hone your leadership style & boost your performance.
- Identify conflict before it happens, resolve it, and grow from it.
- Imposter Syndrome – friend or foe?
- Become a trail blazing leader - conscious and authentic leadership.
- Setting healthy boundaries and time management techniques to stop burn out.

Sarah can work with you on specific leadership themes to support your requirements.

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