

Sarah Jones Coaching

Sarah Jones
Speaker Biography

Sarah Jones is a compelling speaker, an internationally known leadership & career expert, and the founder of 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 led all communications for the world's largest logistics merger and UK's largest public private outsourcing deal.

Often called a trailblazer, it is Sarah's natural resilience and tenacity that led to her success. By her late 20s, she was the only female Board member involved in large-scale merger, acquisition and change communications programmes.

She has led successful UK & International communications teams for organisations including Abbott, AbbVie, AstraZeneca, DHL, Exel & the NHS.

Sarah makes frequent media appearances and speaks on prestigious global stages where she delivers engaging, empowering talks, workshops, and seminars on a range of subjects under the banner of '**Leading Consciously Into the Unknown**', as she believes that leadership is not just a position – but a mindset and internal philosophy that needs to be embraced to succeed in this volatile, uncertain, changing and ambiguous world.

An expert in key leadership challenges, Sarah has been at the sharp end of the topics she speaks about and is passionate about transforming others to success.

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. Her message couldn't be more timely.

Mobile
+44 7531 228089

Website
www.sarah-j.com

Email
sarah@sarah-j.com