

Jane Upton

“When I decided the time had come to arrange a coaching programme for myself, I was determined to work with only the best. Not only did Jane’s expertise and experience meet my initial criteria, but the results she helped me obtain over the course of my programme exceeded even my most optimistic expectations.”

A highly experienced coach with over 20 years senior level coaching experience across a broad range of business and charity sectors, supported by a successful corporate career.



Experience

Jane is a well qualified and highly experience leadership coach. For over 20 years she has supported senior executives, high potential managers and leadership teams in their quest for success (however they define it) and a more rewarding professional life. Her coaching is built on a successful corporate career, which she considers to be an essential part of her practice.

Jane builds deep relationships with her clients as a result of her ability to empathize. The work she does with you will be not only based on sound coaching theory, but also strongly defined by her compassionate understanding of your situation and predicament, however challenging these may be.

Jane has great intuition and resonance, which allow her to let rise to the surface matters that clients did not in the least expect. These epiphanies may be harrowing or joyous, but they are always effective in moving the subject on to more enlightened behaviour and success.

Her best work is done with those who genuinely wish to make a meaningful change in the way they are as leaders, either individually or in a team context. She will accompany you as you explore your purpose, find your focus and take the next steps along your professional path.

Jane’s coaching work spans a host of sectors, including FMCG, Media, Professional Services, Telecommunications, Engineering and the charity sector, and while she focuses mainly on CEO’s, senior leaders and top teams, she has also worked with ballerinas and entrepreneurs who wish to optimize their performance. She trains professional coaches and managers who want to include basic coaching skills in their day-to-day work.

Having chosen an international and cross-cultural route through life, she can work in English and Spanish, one-on-one, or with large teams. Jane creates innovative approaches, and supports their implementation. This she can do with credibility, having worked for over fifteen years in all aspects of HR across the world and in diverse environments.

Education, Qualifications, Professional Positions

Executive coach training, Alexander Corporation (1992)

Henley Certificate in Coaching

NLP Master training

Primary Certificate in Cognitive Behavioural Therapy

Qualified to use a range of psychometric tests

BA Hons. Latin American Studies, University of Newcastle upon Tyne

Member of Association for Coaching

Head of Standards & Accreditation for Association of Coaching in Spain

Selected Client Companies

Arriva
Carmignac
Covidien
Dentsu Aegis Network
Diageo
Dorothy House Hospice
Etisalat (Nigeria)
Firmenich
Freshfields, Bruckhaus,
Deringer
Good Growth
Harley-Davidson
Intercruises
Linklaters
London School of
Economics
Medtronic
Oracle
Orange
Orangina Schweppes
RMD Kwikform
Smith & Nephew
Telefónica
Teva
TUI Travel
Verti
Vistaprint
Vodafone
Zurich

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