

## Janet Rubin

### *Executive Coach*

### *Board Performance Reviewer*



#### About

Janet is an experienced executive coach and board performance reviewer. She has worked in many parts of the public and private sectors and her coaching and board review work is informed by her extensive senior leadership experience, both in executive and non executive roles.

#### Experience

Janet has over 30 years experience in senior leadership roles. As a Group and Deputy Group HR Director in companies such as Littlewoods and WHSmith, she ensured the people agenda supported and informed their business strategies. She also did this whilst on the main Board at B&Q.

Janet has also extensive financial services experience including Cornhill Insurance (now part of Allianz), Coutts/NatWest, First National Finance(now part of Santander), Sun Life Financial of Canada, the Association of British Insurers, and the European Bank for Reconstruction and Development.

Janet has held 7 NED roles in the public and private sectors. She is currently Vice Chair of the London North West University Healthcare NHS Trust, a board member at Imperial College Healthcare Trust, and a member of the Board in Common of the North West London Acute Collaborative. She is also an independent member of the General Pharmaceutical Council Workforce Committee.

Since qualifying as an Executive Coach in 2010, Janet has carried out coaching assignments in various sectors, and participated in board and sub-committee performance reviews.

#### Janet's Approach

Janet has a genuine, heartfelt enthusiasm to use her skills and experience to help people meet their goals. She thrives on seeing her clients raise their performance, and that of their organisations.

She enjoys working with senior leaders who are responsible for running complex organisations, large departments, or projects. Often under pressure to improve performance and navigate through complexity in a volatile environment, they need to see the big picture, make effective decisions, lead, communicate and influence a wide group of stakeholders.

Janet's broad experience in exceptionally challenging environments means she is able to offer valuable insight to her clients to help accelerate change and transform their organisations.

#### Education, Qualifications

- BA (Hons) Economics Nottingham University
- MBA London Business School
- Companion of the Chartered Institute of Personnel and Development and former Vice President
- Certification in coaching from Henley Management School
- MBE for services to Industry and Public Sector Bodies
- Registered with the European Mentoring and Coaching Council (E.M.C.C.)
- Registered with the British Psychological Society (B.P.S)
- Accreditations in various psychometric instruments including 16PF, MBTI, FIRO B, OPQ, NEO and PI-3
- Co-Author 'What Value do Senior Women Leaders and their Organisations get from Coaching?'

#### Client Sectors

Banking/  
Insurance  
Central  
Government  
Charity  
Education  
Financial Services  
Legal  
Leisure  
Manufacturing  
NHS  
Private Equity  
Regulation  
Retail  
Trade Associations  
Transport/Logistics

#### Contact Mobile

+44 (0) 7850 370154

#### E-Mail

[janet.rubin@praesta.com](mailto:janet.rubin@praesta.com)