

Jayne Saul-Paterson Bio



Overview Since qualifying as a coach 20 years ago, the key focus of my work as an executive and career coach has been successfully supporting leaders and professionals to effectively manage their leadership or job responsibilities particularly responding to challenges in the workplace including building emotional intelligence and resilience. As a qualified and registered career guidance professional and adviser,

I have also helped many clients to achieve career change and promotions including strategizing on their career development within an organisation. I have delivered coaching to managers and executives in the Civil Service, Local Government, Education and Academia, Private sector, Arts and Culture, and Not-for-profit sector. My own background is HR and teaching and leadership roles in Education and Higher Education including working as a Diversity Programme Manager.

Equity and Inclusion I have a specialism in coaching people of colour and women across all levels in an organisation although not exclusively. I also support those in the workplace who are in menopause transition. I am currently delivering a series of coaching workshops to university students from diverse ethnic backgrounds around race, inclusion, resilience, emotional intelligence, and maximising talents. Working on Diversity, Equality and Inclusion is a fundamental theme of my career from the roles I have held to the values that I uphold in my life and work. I bring to my work, my background as a black woman of mixed-race heritage and the experiences that I have lived as a result of my identity and the many conversations I have had on race, racism, and diversity in my personal and professional career. I have lived and worked in ethnically diverse communities and organisations and spent time coaching, training, and educating individuals from a range of culturally diverse backgrounds.

Coaching Style My coaching style is warm, empathic and I use insightful questions and deep listening to ensure I provide a supportive environment with the right level of challenge to clients and one in which they feel safe to explore their problems. I create a space for my coaching clients to clarify their goals and priorities and identify the actions that will have the greatest impact going forward. I coach my clients on how they can develop their emotional intelligence and overcome barriers and distractions to performance in order to achieve the results they are looking for and to foster better relationships in the workplace. I am committed to supporting leaders to develop their authentic leadership and support them in creating inclusive workplaces where a diverse workforce thrives. My clients give me feedback on my coaching that they feel heard, able to make sustainable changes to their mindsets and behaviours and that I help them to improve their well-being, decision making and resilience particularly in periods of uncertainty.

Relevant Qualifications and memberships

- Associate Member of the Association for Coaching & Registered Career Guidance Professional - Career Development Institute
- Certificates in Positive Psychology, Resilience and Performance Coaching (Centre for Coaching)
- Post-graduate Diploma in Careers Guidance and QCG (UWE Bristol)
Certificate in Person-Centred Counselling (City University)
Certificate in Performance Coaching (BCA)
- Postgraduate Certificate in Education (PGCE – Qualified Teacher Status)

Testimonial

'Jayne is an exceptional professional coach and facilitator, with a true passion for inclusivity and fairness in all her dealings.... Her design and preparation is meticulous, thoughtful, and creative, and her facilitation strong, authentic and vital. I have no hesitation in recommending Jayne - she does great work and produces outstanding results.' Paul Crittenden Director of Leadwell Services.

Contact details:

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