

SARAH JAGGERS



OVERVIEW

Sarah is a highly experienced and skilled Leadership and Executive Coach, Coaching Psychologist and Consultant. She has coached hundreds of directors, managers and executives over the last fifteen years, helping them to achieve their business and career goals and significantly enhance their performance. Being able to understand and achieve one's potential leads to significant organisational achievement and deep personal fulfilment. Sarah helps people discover their strengths and capabilities, supporting them in the process of realising their potential, achieving stretch targets and overcoming obstacles on the way. She combines eighteen years senior management experience with extensive psychological training to provide challenging, creative and pragmatic executive coaching. Sarah's senior management roles included global responsibility for strategy and service delivery, and she has successfully led and delivered major organisational change programmes.

COACHING APPROACH

As a senior Executive Coach Sarah operates as "critical friend" ensuring that real business benefit and personal value is achieved in a supportive way. Sarah is straightforward, open and confident in approach making coachees feel they are in good, trusted hands. Sarah adopts an evidence-based coaching approach avoiding 'psychobabble' and working in partnership fashion with clients. Sarah has worked successfully across a number of industry sectors in both the private and public sectors.

BACKGROUND

- Head of Service Delivery at Exel Logistics
- Head of Business Services at NFC plc
- Head of Global Technical Services at NatWest Markets
- Partner and OD Consultant at Obsidian Consulting

COACHING AREAS OF EXPERTISE

- Assertiveness and Communication
- Personal Impact/Gravitas and 'Branding'
- Exploring and Realising Potential and Strengths
- Leadership Development, Authentic Leadership and Leadership Transition
- Women Leaders
- Career Direction
- Developing Emotional Intelligence
- Leading change & significant project work
- Role transitioning
- Returning to work
- Building resilience/ managing the inner critic
- Developing leadership style and building confidence

REPRESENTATIVE COACHING ENGAGEMENTS

- Leadership development programme for 50 Managing Directors in a major investment bank
- Change management and executive coaching programme for CEO and Board of a County Council
- New partner induction coaching programme for 'magic circle' law firm
- Turnaround coaching programme for struggling senior team in a large biotechnology company
- Women leaders and managers coaching programme for communication and impact skills

TYPES OF CLIENTS COACHED

- CEO
- MD
- CTO/CIO/CFO/COO
- VP
- Director
- Partner
- Manager
- Executive

REPRESENTATIVE CLIENTS

- 3i
- Accenture
- AXA
- Booking.com
- BSI Group
- Dentons
- Land Securities
- Legal & General
- Morgan Stanley

- NatWest Markets

- Oracle

- RBS

EDUCATION & QUALIFICATIONS

- M.Sc (Occupational Psychology)
- B.Sc (Hons) Psychology
- MBA
- Graduate Member of the International Society for Coaching Psychology
- Positive Psychology - Applications and Interventions (UPenn)
- Positive Psychology - Character, Grit and Research Methods (UPenn)
- Positive Psychology - Resilience Skills (UPenn)
- Science of Well-being (Yale)
- Original executive coaching training carried out in-house at NatWest Markets in 1995-6

PROFESSIONAL DEVELOPMENT & SUPERVISION

- Sarah maintains her high professional standards through on-going Continuing Professional Development (CPD) and supervision. She was a Director at the International Society for Coaching Psychology (ISCP) from 2017-2020 and founded the ISCP's Cambridge Research Hub. She has had over 100 hours CPD in the last 12 months.

PROFESSIONAL AFFILIATIONS

- Member of the International Society for Coaching Psychology
- Member of the British Psychological Society (BPS)
- Member of the BPS Special Group in Coaching Psychology
- Member of the Association for Coaching
- Principal Member of the Association of Business Psychologists

PSYCHOMETRICS & DIAGNOSTIC TOOLS

Sarah is trained and accredited in the British Psychological Society's Certificate in Test Use for Occupational Ability and Personality (formerly Level A and B).

- Hogan Assessments
- RocheMartin Emotional Capital Reports (EQ)
- SOSIE Personality and Values
- NEO PI-R/3
- NEO Primary Colours Leadership
- Reflections 360
- Watson-Glaser Critical Thinking Appraisal (CTA)
- Raven's Advanced Progressive Matrices
- Situational Judgment Tests
- Differential Aptitude Tests
- Realise2 Strengths Assessment
- ASSESS Competency Assessments
- Belbin team roles

TESTIMONIALS

"I have experienced the services of perhaps the leading big brand in this field but would have no hesitation in recommending Sarah as my first choice. She is direct, honest, very professional and empathetic. Sarah gets straight to the heart of the matter – cutting out superfluous fluff."

"Sarah has helped me achieve the impossible, helping to move me outside my comfort zone in a controlled and measurable manner. Each session I grew more confident, and tackled new and difficult challenges with ease and comfort. I wouldn't think twice about recommending her excellent services. Thank you!"

"Sarah is an excellent coach. She helped to pinpoint the issues holding me back as a non-executive director and to develop effective solutions to address them. She has had a lasting impact on the way that I work and present myself."

"Sarah proved invaluable in her role as executive coach and external mentor to senior management in a Magic Circle law firm. Creative, pragmatic and totally in tune with the business environment. A great mix of commercial, organisational and interpersonal experience. I thoroughly recommend her."

"Sarah is gifted in helping people to explore their situations and dilemmas. She is highly experienced and, with gentle yet expert questioning, she helps her clients to achieve clarity, direction and confidence. I recommend her unreservedly" "The benefits I have gained from only a few sessions have far exceeded my expectations and helped me enormously, not only to carry out my role more effectively, but also to improve my approach to my life in general and I would unreservedly recommend Sarah to anyone"