Jane Moffett

Executive Coach



Jane is an executive coach, trainer, researcher and writer, who has worked for over 20 years with people going through transitions. She draws on her highly-tuned listening skills and use of powerful questions to enable others to focus on what is important to them, helping them to see things from different perspectives and be more creative in their thinking.

By creating a safe environment, Jane works in partnership with clients on what they choose to bring to coaching, adding focus and structure to the conversation. She enables them to recognise and build on their skills and strengths, and is calm, thoughtful, reflective, understanding, and gently challenging. She uses a range of coaching tools and techniques, combined with careful listening. She is driven by collaborating with clients so that they can be their best at work, supporting them to overcome challenges so that they can focus on what is important to them.

Jane's background is in facilitating, training, designing and delivering programmes, and strategic development. She has a keen interest in the intersection of key transitions with work, and has conducted research projects focused on new parent employees, career returners, and people approaching the later stages of their careers. She is a regular contributor to 'Workplace', a journal published by the British Association of Counselling and Psychotherapy, in which she writes a series titled 'Better conversations'. She is also Lead Marking Tutor for the coaching programmes at Henley Coaching Centre, Henley Business School.

Jane has an MSc in Coaching and Behavioural Change from Henley Business School, is accredited with the International Coaching Federation, and is a member of the Association of Coaching and the Henley Coaching Centre.

Contact Jane through graham@ispiremc.com

Learn more about her background and experience at LinkedIn.

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