

Biography

My passion lies in enhancing communication to drive transformative change, whether at the organisational, team, or individual level. With over two decades of experience as a consultant and coach, I excel at navigating complex challenges and assisting clients in clarifying their objectives.

I embarked on this journey in 2001 with the HayGroup and have operated independently since 2008. I've worked across diverse sectors, from small UK-based charities to global corporations, catalyzing change in Europe, the US, and Asia. My expertise combines a deep understanding of human behaviour, motivations, personality, and cognition with a broad knowledge of organisational dynamics, effectiveness, and barriers to success.

I empower individuals and teams to define outstanding performance, dissect the essence of work, and motivate sustainable achievement. Renowned for my humor, integrity-driven challenges, and unending curiosity about human behavior, I also enjoy bouldering, mud races, and embrace my adventurous side as a 'lady-biker' with a Triumph Street Twin. I'm a proud mother of two boys, aged 10 and 12, who consider me a bit eccentric – and honestly, they're not far off the mark!



Rachel Jackson

Team Coach

Clients

- MARS
- Sanofi
- Insight Technology
- The Hilton
- Phillips
- Carlsberg
- East Anglian
- Air Ambulance

Qualifications

PCC accredited coach with International Coaching Federation ▪ Bachelors in Psychology ▪ NLP Master Practitioner and Coach ▪ Experienced and accredited in a wide range of diagnostic tools

Colleague View

"I have worked with Rachel on a variety of projects involving FMCG companies in a range of European and Eastern European markets. She is professional, reliable and is focused on adding value to the client. She is adaptable and I have seen her operate effectively in a range of cultures at different levels in an organisation, right up to CEO. She has real depth and breadth of understanding of human behaviour and personal change and how that impacts the performance of individuals, teams and organisations. She is personable and full of drive. She is one of the best at what she does!"

Client View

"Rachel is highly expert in the field of organisational development, EI and motives analysis - with great technical mastery of her subject and high personal integrity. I have found her to be a great coach personally and she has had a terrific impact on my organisation!"



Watch Rachel's [YouTube Video](#)