

Janet Preston Biography

Janet's main activities:

- Executive Coaching
- Design and delivery of organisational change programmes
- Design and delivery of business performance enhancement programmes

Janet Preston is a senior professional with proven experience in designing and managing major business change programmes and enhancing the personal performance of individuals through coaching and mentoring.

Janet is bright, articulate, a strong team player with a deep passion for quality in everything she does and willingly develops skills in people around her. She looks to leverage her knowledge, capabilities and business experience of operating at senior management levels to help others to realise and enhance their own potential.



Janet also has outstanding programme management skills, delivering large and complex, local and global change programmes on time and to budget for her clients. She has a proven track record in identifying weaknesses and improvements in business processes and in working with organisations to improve performance. She is widely recognised by her clients for sound intellectual ability, structured well-planned approaches, attention to detail and, equally importantly, for her good humour and skills in selling her ideas.

Prior to becoming an independent consultant, Janet was a Partner at Whitehead Mann and before that a Partner at KPMG. She has also worked at senior levels for other blue chip companies including Ernst & Young, Arthur D Little, and Hoechst (UK) Limited.

Janet's communication skills have resulted in her being invited to present at major conferences, appear as a guest lecturer at INSEAD, a major international business school, and have articles on managing change in the workplace and on the business implications of e-commerce published.

Janet has also served as a Non-Executive Director to the Board of the London Ambulance Service and as a director of a not-for-profit organisation in the USA. In her spare time, Janet enjoys working in her garden, reading (preferably on warm, sunny beaches) and keeping fit. She is very proud of completing the New York Marathon in 2006 and the London Marathon in 2007 and of the significant amount of money she raised for The British Lung Foundation and The Woking Hospice in doing so.

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