

Inside Out Leadership – Success Starts with YOU! Speaker Biography and Topic Outlines

Sarah Jones, Team & Talent Turnaround Expert



Sarah has led communications teams & projects across the globe for over 25 years including the world's largest logistics merger & UK's largest public private outsourcing deal.

By her late 20s, thanks to her drive & resilience, she was the only female Board member involved in large-scale merger, acquisition & change programme.

She has led successful UK & International communications teams for organisations including Abbott, AbbVie, AstraZeneca, DHL, Exel & Publicis.

Sarah has been at the sharp end of all the topics she speaks about – she has been there, and done it – and is an expert in key leadership challenges.

Born with an entrepreneurial spirit and an insatiable drive to help others lead successful careers, she helps people & teams to identify what they need to change within themselves, to achieve the results they want.

She calls this 'Inside Out Leadership' - the results start with you - with what you want to change. You must become your own leader to create the results you want for you - or your team.

Sarah has spoken for Pearson Business School, the Chartered Institute of Personal Development, Hertfordshire Chamber of Commerce and the Institute of Directors.

She lives in Hertfordshire and has international clients and is the founder of www.sarah-j.com

SARAH'S TOPICS INCLUDE:

ABC of Leadership for Women (Assertiveness, Boldness & Confidence)

I have developed a method that will enable you to achieve the progress & acceptance you deserve and overcome the leadership challenges you face as an ambitious female leader.

From Manager to Leader - Love It & Land It

With my guidance, you will be prepared to tackle any challenge that is associated with taking on board more responsibilities while continuing to deliver business results.

Communicate with Impact & Ignite Your Career

Learn how to communicate with impact through verbal, non-verbal and visual communication methods so others will listen and take you seriously in any setting – key meetings, presentations and within your team.

Becoming a High Performing Team

This training provides valuable insights for team leaders and members about what makes or breaks a team and how to succeed as a team.

Managing Upwards for Amazing Career Results

Success depends on your ability to 'manage upwards' to senior levels of the organisation and how you support your superiors and senior audiences. I will equip you with the tools you need to take your career to the next level.

Identifying & Dealing with Conflict

Conflicts arise in different situations and between different audiences. This training focuses on what causes conflicts and methodologies & techniques to reach an amicable resolution.

Hone Your Leadership Style & Boost Your Performance

Learn how to identify and hone your leadership style by reviewing common pitfalls & how to adapt it to different challenges in your organisation, even under extreme pressure.

"Sarah is an inspiring and thought-provoking speaker whose expertise spans coaching and leadership development, real life practical strategies to help you progress to the next level in your career. She gave an interactive and informative talk to students at Pearson Business School about growth and fixed mindset and received a really positive response."

Adam Bradford

Adam Bradford Associates & Board Advisor
to the Queen's Commonwealth Trust

"Sarah is a professional business and personal coach who has spoken at several Chamber events on topics including business networking, dealing with difficult people and team performance. Sarah brings a refreshingly candid approach to her presentations, providing a clear explanation of the topic and including personal examples to illustrate her points. I would strongly recommend her as a speaker."

Alison White

Head of Events and Communications

Contact Sarah at sarah@sarah-j.com or +44 (0) 7531 228089