



CONSULTING & EXECUTIVE
COACHING

It's about getting to the heart of
what makes people excel

About J9 Consulting

J9 Consultants and Executive Coaches are highly experienced and qualified experts in personal and leadership development, high-performing teams, performance improvement and change management.

We help front-line managers, leaders and teams to be the best they can be against the backdrop of a dynamically changing world and increasing demand.

Our work is more than designing and delivering training programmes, it's about getting to the heart of what makes people excel in their work whilst also sustaining a healthy lifestyle.

Janine Roberts
Managing Director



Janine is an energetic and inspirational coach and facilitator, specialising in creating high performing teams and leaders.

Her ability to inspire, develop and motivate others is driven from her extensive experience and credibility in designing, directing and delivering large-scale change programmes.

These have included complex health and care systems in the UK, USA and Canada.

She holds a Masters degree in behaviour change and coaching, and is a Leadership & Behaviour Change Specialist, and Leadership Coach

Sharon Rafter
Executive Programme Manager



Sharon has many years of experience working in large multi-national organisations and has significant expertise in commercial and contractual management.

She is a trained coach and facilitator and has supported the delivery of several large leadership development programmes.

How We Do It

We distinguish ourselves by our passion and drive to help people to be the best they can be, release their true potential, and sustain high performance without compromising on what matters most in their lives.

Instead, we use that to fuel their **creativity**, **innovation** and **productivity**.

We take an integrated approach to meeting our clients' needs, taking into account the context and the systems in which they are operating, drawing upon a wide range of innovative, creative, evidence-based and easy-to-use approaches.

Ultimately, we believe you can have it all: **You can be a highly successful leader, part of a high-performing team, and have a wonderful life.**

Our Services



Leadership & Change Management Programmes

Our bespoke programmes are co-designed with you, based on your needs analysis and can be underpinned with a range of psychometric assessments, for example 360, Hogan, ASSESS, MBTI, Insights and more.



Wellbeing Workouts for Teams & Organisations

Wellbeing Workouts enhance personal and team performance. We focus on personal health and wellbeing, integrating the latest neuro-scientific research which demonstrates the direct benefits of wellbeing on performance, productivity, creativity and innovation.



Leadership, Executive & Team Coaching

Our coaching sessions can be delivered in person or via Skype/WebEx or other online platforms. We draw upon a wide range of innovative and evidence-based techniques that are context specific to help individuals and teams improve their performance.

Additional Services:

- ▶ Leading large-scale change across complex systems
- ▶ Exploring the culture of teams and organisations
- ▶ Creativity and thinking differently
- ▶ Explorative and solution-focused consulting
- ▶ Expert facilitation for teams and events
- ▶ Conference and keynote speaking events

Who we've worked with:



For more information about any of our services get in touch via:
info@j9consulting.com
07879 416 921