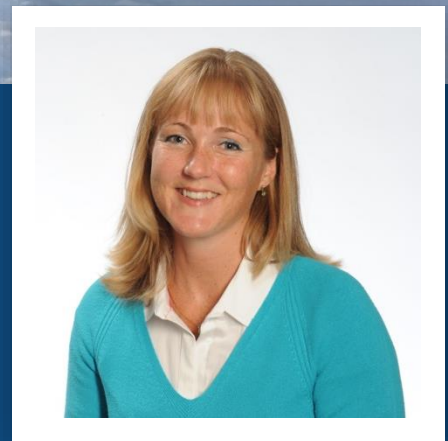


Tara Jones PhD

Director

Tara's experience of consulting with high level performers began with Olympians and World Champions. She applied the lessons from working with these top level performers to her work with senior business leaders and their teams including those from Global Brand organisations through to small organisations.



Having been a top level junior tennis player, Tara became so intrigued by the psychology of performance that she went on to study it. She earned her PhD in Performance Psychology from the University of Wales, Bangor, in 1997. Tara has written many business articles focused her work with senior leaders, on elite performance under pressure and more latterly, high performing women. Her research has been published and presented in many top tier publications and international conferences.

Specialist areas

- Consulting with Boards and senior leadership teams
- Senior leader 1:1 coaching
- Organisational change
- Developing mental toughness
- Consulting with high performing women
- Creating top performance teams
- Leadership development

Selection of Tara's Client Experience

- Sage – coaching CIO and senior leadership team work
- Wyndham Worldwide/ RCI – Board work and 1:1 coaching
- Microsoft Advertising – creating a coaching culture
- Nestle Purina – 1:1 senior leader coaching
- Oracle – speaking at Women's Leadership Network
- Ofcom – developing high performing teams for 21012
- Barclaycard – senior leaders 1:1 coaching
- RS Components – embedding new vision and transformation
- Care UK – leadership development and team coaching
- Bucks Legacy Board – redefining vision and purpose post 2012
- Smith and Nephew – leadership development

'Through a profound and accurate understanding of our individual and personal goals, motivations, behaviours and stress points, Tara helped us [new senior leadership team] coalesce into a TEAM that is much much stronger than the sum of its parts. Tara is a fast reader of personalities and of group dynamics. Following our work with Tara, we now have a clear vision and direction for our company and are building a culture that Tara led us to recognise that we needed. As a result, I feel that I have grown in the leadership position I have'.

Sean Lowe, MD EMEA & I RCI, Europe at Wyndham Worldwide