



Jan Carrington

Corporate and Personal Image Consultancy

Background

With an extensive corporate background and broad experience which enables her to work with both organisations and individuals, Jan Carrington uses her natural intuition and flexibility of approach to create the right solutions within the potentially sensitive area of personal impact and image.

With more than 20 years in blue chip international organisations in the UK, East and South Asia, the Middle East, Continental Europe and the United States, as well as the UK public sector, Jan focuses specifically on the impact of both business and personal image, realising that these are key factors in the success or failure of individuals and companies.

To augment her skills she trained as an image consultant in 1996 and has served on the board of the Federation of Image Consultants, the governing body of the industry. She conveys a vast amount of energy, enthusiasm and understanding of human asset development both in organisational terms and one-to-one.

Profile

Qualifications & Experience

Jan is experienced in the use of management tools such as Myers Briggs, Belbin and Team Management Index. She is also accredited in Saville & Holdsworth Occupational Personality Questionnaires. In addition she is trained in style, shape and colour, as well as business etiquette, in order to work on positive visual and practical impact. Jan can also call upon and recommend specific tried and tested associates who are specialists in their own field, for example, voice, speech and executive coaching.

Consulting Experience

Jan designs and delivers a range of proven strategies that enable individuals to review and improve their personal branding in the corporate arena as well as enhance the growth and success of their companies.

A selection of recent programmes are outlined below:

- Devised coaching sessions for a global bank for their International Managers. They required coaching on their 'personal branding' inclusive of their visual image and body language.
- Designed and delivered personal impact sessions for a Senior Womens' Development Programme, a prestigious programme for high potential women identified as future senior executives. The personal impact sessions, delivered to approximately 60 women, focused on how they could create the required gravitas through their image and impact.
- Designed and delivered 'Personal Branding' sessions for a high profile Graduate Programme. These focused on their individual impact, linking this to the values, beliefs and the brand of the organisation. The programme accommodated 300 graduates annually.



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Testimonials

Jan's client base:

Jan has worked at high level in blue chip international and national companies and organisations as well as the public sector. For reasons of client confidentiality, names may be disclosed with express permission of her clients.

"Jan's eye for detail and instinctive feel for how we should look and sound is the key to her success. Getting the image right goes a long way to improving poise, confidence and, ultimately, performance."

Senior Executive, Financial Services

"As part of my career development I worked with Jan on my personal 'brand', my image, my presentation skills and my interview skills - I was amazed at how much we covered in the time and the fantastic advice and simple tools that Jan gave me. I put all these things into effect and presented the new 'enhanced' me at my first chief executive's interview and I got the job! I am in no doubt that the coaching, support, guidance and brilliant advice Jan gave me shaped how I presented myself in my current role and had a fundamental impact on my performance and chances of success in my interview - it's the best development I have undertaken so far!"

Principal, Education

"Working with Jan has been absolutely fantastic. She knows just how far to push you so that any changes you make will take you out of your comfort zone yet are still manageable."

Company Director, Business Consultancy

"Just before I was due to take over as CEO, I asked Jan to help me polish up my personal presentation. Her straight-forward style supports you to make some different choices, bringing a sense of liberation and fun into the journey. Afterwards, people could see I had done something different but couldn't quite put their finger on what. That's an achievement!"

CEO,

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