



Jane Saddler

FACILITATOR & COACH

Jane is an Associate Certified Coach (ACC) and member of the International Coach Federation. She uses her understanding of positive psychology and mental fitness to strengthen resilience and help clients identify and achieve their goals. Her style is intuitive, open and honest and she has a proven track record for quickly building rapport

With over 25 years' experience as a secondary school science teacher, she is skilled in the design and delivery of learning resources, at both local authority and Scottish Government level. Jane holds a postgraduate certification in guidance and counselling and is passionate about supporting others through coaching, resilience and wellbeing programmes. She has worked with a range of clients from young professionals to executives in private, public and third sector organisations.

Jane has a particular interest and expertise in supporting young people in the workplace and has supported organisations to empower underrepresented groups to enjoy positive wellbeing. She is a firm believer in leveraging the power of wellbeing to build an inclusive and productive workplace culture.

| Primary expertise | Related experience | Qualifications |
|--|---|---|
| <ul style="list-style-type: none">• Coaching – individuals and teams• Group facilitation• Differentiation of learning activities | <ul style="list-style-type: none">• Facilitation and presentation• Sound sleep trained• Mental Health First Aider | <ul style="list-style-type: none">• ICF (ACC) accredited coach• GTCS registered teacher• Postgraduate course in counselling |