

Rachel Jackson

Senior Team Coach



“The reason that my cats emulate high-performance is that they are curious about EVERYTHING! They work together to play hard and explore anything they can learn from and anywhere they can reach! When they’re done, they rest hard too - and as a result they are growing constantly as well as keeping us all on our toes! What more can you ask?!”

“I am passionate about enhancing communication to drive transformative change at all levels. With over two decades of experience as a consultant and coach, I excel at navigating complex challenges and helping clients clarify their objectives.

Since beginning my journey in 2001 with the HayGroup, I have worked independently since 2008, contributing to diverse sectors, from small UK-based charities to global corporations, and catalysing change across Europe, the US, and Asia.

My expertise combines a deep understanding of human behaviour and broad knowledge of organizational dynamics. I empower individuals and teams to define outstanding performance, dissect the essence of work, and motivate sustainable achievement.

Renowned for my humour, integrity, and curiosity, I also enjoy bouldering, mud races, and embracing my adventurous side as a ‘lady-biker’ with a Triumph Street Twin. Proud mother of two boys, they consider me a bit eccentric—and honestly, they’re not far off the mark!”

Client View

“Rachel is highly expert in the field of organisational development, EI and motives analysis - with great technical mastery of her subject and high personal integrity. I have found her to be a great coach personally and she has had a terrific impact on my organisation!”

Colleague View

“I have worked with Rachel on a variety of projects involving FMCG companies in a range of European and Eastern European markets. She is professional, reliable and is focused on adding value to the client. She is adaptable and I have seen her operate effectively in range of cultures at different levels in an organisation right up to CEO. She has real depth and breadth of understanding of human behaviour and personal change and how that impacts of the performance of individuals, teams and organisations. She is personable and full of drive. She is one of the best at what she does!”

Qualifications

- PCC accredited coach with International Coaching Federation
- Bachelors in Psychology
- NLP Master Practitioner and Coach

[Watch Rachel’s introduction video here](#)