



Jenny Harrison

Jenny has been a valued member of the facilitation team since 2010. She is fascinated by our human potential – what is it that makes people great at what they do and how can organisations foster a workplace culture that nurtures that.

Her facilitation is underpinned by:

- Eight years of experience as an employment solicitor, at Mayer Brown International and in-house at B&Q plc. This gave me a deep understanding of what creates people risk and the complexities of human workplace dynamics.
- Insights and anecdotes gathered from talking about these topics with people around the world for over a decade.
- A passionate belief in the imperative of diversity, equity and inclusion, which gives her the conviction and courage to have the, sometimes uncomfortable, conversations that are necessary to create shifts in mindset and behaviour.
- Knowledge gained from her studies in coaching, psychology, NLP, emotional intelligence, holistic wellness and the mind-body connection.
- A 'beginner's mind' – she approaches every session with curiosity and fresh eyes, creating a safe and encouraging space, asking powerful questions and listening deeply to nurture optimal growth and learning.
- Her personal experience of anxiety, overwhelm and burnout, and the challenges of being a single parent while working in a demanding professional role.

Experience

Training design and facilitation – Jenny has extensive experience of designing and facilitating highly engaging and transformational leadership, inclusion and workplace behaviour and conduct training.

Drama-based learning – Jenny enjoys working with professional role-playing actors to deliver immersive, experiential workshops to provide participants with the opportunity to practice their skills and build confidence.

Employment law – As a former solicitor, Jenny has in-depth experience of advising employers on a range of people issues, including performance management, discrimination and harassment, redundancies, disciplinaries and grievances, in addition to shaping people change processes and ER policies.

International experience – Jenny thrives on working with people from a broad range of cultures, geographies and backgrounds. She has lived and worked in France and Spain, and has worked with leaders and organisations across Europe, North America, Asia and Africa.

Coaching – as a women's leadership coach, Jenny supports women who are seeking greater impact and fulfilment in their careers, to realise their full potential in a balanced and sustainable way.

Holistic wellness – Jenny has a keen interest in and years of studying the mind-body connection, including through yoga, mindfulness, and embodiment practices to restore nervous system regulation.

Qualifications

LLB (Hons) English Law and French Law - University of Manchester

Certificate in French Law – University of Burgundy, France

LPC – Nottingham Law School

Women's leadership coach – One of many

NLP practitioner

Yoga and meditation instructor