Executive coach, facilitator and mentor – Jane Seely

Overview



Jane brings over two decades of experience uniquely rooted in the career transition industry. Her career began in commercial recruitment, encompassing regional management across temporary and permanent hiring, before supporting the launch of a major recruiter in her local market. This became the springboard for her move into career transition, where she has worked continuously since.

Alongside qualifying as an ILM Accredited Coach and Mentor, she has combined hands-on executive career coaching with strategic leadership roles for global career transition organisations, as well as SME's. She has worked internationally with cross-functional teams to design, implement, deliver and resource career transition services across business development, operations, service delivery and marketing functions.

Jane has built and run her own and others' businesses, worked across public, private and not-for-profit sectors, and integrated fitness and wellbeing expertise to support sustainable, high-performing careers. She has supported executives with several strategies including transitioning into non-executive directorships, building portfolio careers, gaining - and stepping up to – the next C-Suite role, and active retirement alongside building flexible, consulting careers.

Coaching style

Jane's coaching approach is focused on growth, empowerment and practical impact. She works in partnership with executives to equip them with a clear "toolkit" of knowledge, confidence and strategic thinking that helps them gain competitive advantage, visibility and thought leadership, particularly in complex or challenging career transitions.

Jane combines deep listening with high energy and professionalism, creating a supportive but purposeful space where clients can step back, reframe challenges, and act with greater intention. She helps executives move from reactive decision-making to a more thoughtful, wider-lensed approach - particularly in communication, influence and navigating change.

Beyond tactical skills, Jane focuses on mindset and behaviour change. She supports clients to build resilience, recognise their value and stay grounded when facing resistance or uncertainty. Her goal is to empower people to ask for what they need, articulate their contribution clearly and progress with confidence and clarity in their careers.

Clients and outcomes

- Coached a Vice President of Design for a leading healthcare organisation. Supported the re-positioning of his personal brand to achieve an industry shift with greater focus on leading digital design. Achieved a Global Head of Brand and Experience Design role within the manufacturing industry.
- Helped a Director of SaaS Sales transition from a UK&I-based role to EMEA. Unravelled specific requirements on target role, and supported with adjusting the brand narrative, to encompass and

evidence capability for geographical growth. The individual landed a Regional Director of Sales, EMEA role as a result.

- Worked with a Director of Network Strategy and Operations for a major transport network, who needed coaching support to be comfortable with, and negotiate on, his executive compensation package with a new employer. Successful negotiations allowed his transition to a Special Projects Director for an international competitor.
- Supported a Managing Director of Financial and Strategic Risks for a major financial services provider. Aspired to hold several Non-Executive Directorships. Carefully considered market positioning, brand messaging, and thought leadership strategy alongside the creation of a differentiating CV and LinkedIn profile. The individual is now a senior ambassador for a women's group and has 2 non-executive directorships in financial services and a housing association.
- Partnered with a Reward Director in consumer goods with an objective to change career into generalist HR consulting and non-executive directorship. Supported new business set-up, and the individual gained a trusteeship and non-executive directorship for a Chartered Institute.

Key skills

- Communication and body language
- Thought leadership
- Identifying executive personal brand
- Strategic networking
- Executive CV and LinkedIn positioning
- Presenting and influence
- Wellbeing and organisational health
- Interview techniques
- Resilience and imposter syndrome
- Women returners and maternity coaching
- Senior leader/C Suite/NED coach
- 1st 90 days new role optimisation
- Values and anchors identification
- Transferable skills/career pivoting

Qualifications and professional development

- Randstad Enterprise Leadership Program
- Mental Health First Aid Champion
- Randstad Women in Leadership Program
- Adult Mental Health Aware Introduction
- Adecco Group International Mentoring Programme
- ILM Level 5 Diploma in Effective Coaching & Mentoring (BSC)
- BTEC Level 3 National Business

Jane is based in Northampton and works across the United Kingdom.