Jonathan Chalstrey

Executive Coach

Jonathan is a coach who works with leaders to shift thinking and lead better. He has eight years of experience as a successful coach of senior and junior leaders in private, public and charity sectors. He has fourteen years of experience as a successful leadership and team development consultant within global and UK development sectors.

Jonathan has developed his own 'Think Better, Coach Better' approach based in the latest neuroscience and psychology. He is the author of the book 'Think Better, Lead Better: Transforming Your Leadership Through Understanding Your Brain' (2015) in which he explains how introducing some of the latest neuroscience into coaching conversations has increased leaders' self and social awareness and helped them to make better judgements and decisions.

Jonathan has worked with client organisations in many sectors including insurance, banking, accounting, the law, health, housing, technology, pharma, utilities and higher education.

Jonathan builds rapport and trust quickly with clients and coachees and sustains that trust. He is committed to bringing new thinking to stakeholders.

COACHING EXPERIENCE

- Accreditation in a number of assessment tools including: The Leadership Circle (TLC), Strength Deployment Inventory (SDI), Thomas Kilmann Conflict Handling Mode (TKI), Insight Inventory, Belbin, DiSC, Institute of Leadership and Management (ILM), Assessor levels 2, 3 and 5, 360 Benchmark Leadership and Skillscope, Hay McBer Leadership and Management Styles, Hall Tonna Values Technology
- Clients include: European Bank for Reconstruction and Development (EBRD), ACCA, Bank of England, Wellcome Trust, Edge Hill University, Manchester United, BUPA, Panalux, ING, Public Health England, IFRS, Institute and Faculty of Actuaries
- Stella was dealing with 'difficult' senior leadership team colleagues in a media company. She explored the real 'difficulty' of her responses to what colleagues said and did. She practised techniques for regulating her emotions and challenging her percaptions and judgements of her colleagues in order to achieve a better understanding of key business situations and hold more productive conversations.

EXPERTISE / SPECIALISATION

- Leadership development
- Change and innovation
- Equality, diversity and inclusion
- Emotion regulation and critical thinking
- Influencing, presenting and negotiating
- Team development
- Customer advocacy

BUSINESS EXPERIENCE

- Consultancy owner
- Senior Associate MaST international consultancy
- E-Learning Consultant at Fujitsu
- Marketing and sales for Pearson Education
- Marketing Director of Wolsey Hall Oxford
- A variety of marketing and sales roles at UK academic publishers

EDUCATION / BUSINESS COACHING

- Bachelor of Arts, (Joint Hons), History and Economic and Social History, 2:1, Bristol University, 1984
- Certificate in Marketing, Oxford Brookes University, 1991
- Situational Leadership, 2004
- Zenger and Folkman Extraordinary Leader Behaviours, 2009

COACHING GROUP