

# Cécile Jenkins

MA, PhD, EMCC Senior Practitioner, ICF ACC



*“Cécile has a very unique blend of positive psychology, business and communication.*

*She instils trust at every interaction and makes a huge difference by being present in the moment for you with each and every cell she has.”*

## Hi, I’m Cécile. I’m an Executive, Leadership & Life Coach.

Over three years ago I took the decision to start asking people to pay me for the work that I could do with them, as a professional coach. Having freshly come out of my first coaching training and while still in full-time employment, it took some courage to say, “I think I can help you – shall we work together?”

I had worked with senior leaders for over 20 years already, helping them to communicate with their people in a way that was informative, engaging and even inspirational. The challenge of doing that well, especially during times of major change in any organisation working across the world, is what motivated and energised me for many years.

As a coach, I still help leaders to communicate better – if that is what they seek help with. But I also partner with them to instil growth in other ways: grow more confident, be more resilient, manage their overwhelming emotions at work, build strong relationships and trust, find happiness and fulfilment again, and much, much more.

In the three years since I started working with leaders in this way, a lot has happened, for me, professionally, but also for the people I’ve worked with.

In facts and figures, it looks a bit like this.

As of May 2024, I have delivered:

- More than 407 sessions
- In 376 hours
- With 64 clients
- In 9 European countries
- Plus the US, Middle East and Africa
- Helping individual contributors, managers, senior leaders, directors and VPs
- From sole traders to those who help to run global multi-billion dollar companies.

In that time, I have had the pleasure of working with a wide range of organisations and businesses: from Oxford University and NHS Primary Care trusts to the world’s top FMCG and Management Consultancy businesses - and it continues to be an enormous privilege to partner with the most senior leaders in the world and help them face into their challenges at work.



As featured in *The HR Director*



## EXPERTISE & EXPERIENCE

### Some feedback

In their feedback during that time, clients rated me 9.64 out of 10, and so far this year, Ezra Coaching clients have given me a 5.0 out of 5.0 (4.8 out of 5 in 2023).

And while the facts and figures go some way to evidence impact, the real reward comes from how people feel after we work together.

- "I just feel so much more confident in myself"
- "I take more time to think about what I want, before jumping right in"
- "I understand better how the way that I speak has an impact on my team"
- "I feel more optimistic as a leader – I've looked some fears in the eye and overcome them"
- "I now understand how I can influence my senior stakeholders better, and have a real impact on the business"
- "I have a much stronger sense of identity – and with that – purpose. I now understand why I have chosen this career, what the next step is for me and how I can take the right actions to get myself there"

"How likely are you to recommend your coach to others?"

9.64 out of 10

Ezra Coaching 2023

32	216	4.8
clients	sessions	average rating (out of 5)



## What my clients have said...

### **Niko Pfund, President, Oxford University Press, USA:**

"As someone who is generally sceptical of the field of executive coaching, I worked with Cécile for six weeks, an hour a week, and benefited greatly from the conversation and the experience.

"Her approach suffers from none of the characteristics that often give me pause about this line of work — the clichés dressed up as insights, the weird paternalism, the endlessly re-tread and rehashed theories.

"Instead, our conversations left me feeling like I had gleaned some genuine insights into both my general approach to things and my current stage of life, and I found that, a couple of months after the program, I had acted on each of the points I had come to believe would make me feel more fulfilled and happier.

"The fact that she understands the industry, and our particular corner of the industry, and has a really gentle intuitive manner, sets her apart from many of the coaches, HR colleagues, and thought leaders I've encountered in my day."

### **Research Administration Manager, University of Oxford:**

"This has changed my life. Cécile is down to earth but thinks outside the box, she is a good listener but also makes great suggestions. She has a knack for unlocking what is inside you to give yourself permission to listen to your gut instinct and rise above the background noise to achieve what your soul is screaming out for."

## Shall we work together?

As a coach, I have worked with people on the following focus areas:

Accountability | Change Management | Communication | Concentration | Conflict resolution | Emotional intelligence | Executive presence | Focus | Influence | Interpersonal skills | Leadership development | Management | Managing others | Managing self | Organisation | Planning | Presentation skills | Shaping strategy | Strategic thinking | Stress management | Time management | Vision and direction | Work life balance

These are some of the focus areas I can help with, but if what you are looking for is not listed here, or you are not sure yet exactly where you would like to focus, we can also work it out together.

Find out more at [workinglife.co.uk](http://workinglife.co.uk), email me at [cecile@workinglife.co.uk](mailto:cecile@workinglife.co.uk), or text, WhatsApp or phone me at + 44 (0)7379 149470. I look forward to hearing from you.

