



Company Contact Name:

Contact Details:

LinkedIn Profile:

Geographical Base:

Blend Associates Ltd

info@ltdblend.com

[linkedin.com/in/jillangelasavage](https://www.linkedin.com/in/jillangelasavage)

England, UK

PROFILE:

Jill is a professional and mental fitness coach who has both passion and purpose for well-being; enabling you to manage your mind to achieve optimal performance at work and at home. She helps leaders to achieve a balanced mind through managing thoughts, regulating emotions and cultivating more purposeful behaviours even through stressful times. These are all valuable skills for developing emotional, mental, and physical well-being for enhancing leadership performance, emotional intelligence, and productivity.

COACHING, MENTORING & FACILITATION EXPERIENCE: 2018 – 2021

COACHING:

- Coaching Directors in new roles following a local government reorganization.
- Executive coaching with public sector leaders to enhance their resilience and mental fitness and navigating transitions
- Leadership Coaching with The Co-op Group to support transformation and cultural change
- Coaching for entrepreneurs to work on their meaning, purpose, and motivation during challenging times.
- Coaching supervision for private clients through working in partnership for growth, challenge, and insight.

FACILITATION:

Design and facilitation of accredited (Association for Coaching) at Certificate and Diploma level coaching programmes for the private and public sector.

KEY SKILLS:

Executive coaching; mindfulness and compassion; resilience; mindfulness based stress reduction; coaching supervision; mental fitness approaches; coaching the childhood story; neuroscience; leadership development; emotional intelligence; facilitating coach skills training at post-graduate certificate and diploma level; working with trauma, emotional distress, and anxiety using The Havening Technique; working with the unconscious process for self-awareness using Transactional Analysis Psychology; working creative and therapeutically.

PROFESSIONAL QUALIFICATIONS AND TRAINING:

- Diploma in Coaching Supervision
- Co-Active trained coach
- Mental Fitness Coach working towards accreditation with Positive Intelligence
- Teacher training level 2 in Mindfulness with Bangor University
- NLP practitioner
- Licensed HeartMath practitioner
- Advanced clinical training in TA psychotherapy
- Neuroscience: The Science of the Art of Coaching with Professor Paul Brown
- Certified Havening Practitioner (January 2024)
- Resilience at Work toolkit practitioner

PSYCHOMETRIC PROFILING:

- MBTI Steps 1 & 2
- 16pf personality profile
- Margerisson McCann team wheel
- Prophet for business leaders and teams
- Resilience at Work toolkit for individuals, leaders and teams

PROFESSIONAL MEMBERSHIPS:

'Your Balanced Mind' is a member organization with the Association for Coaching Accredited Coach Supervisor with Coaching Supervision Academy

CAREER BACKGROUND:

Jill has been an independent Executive Coach and Consultant since 2000, a professionally trained coach supervisor since 2011 and mindfulness teacher since 2014. Her independent career has been varied and included experiential team development using the outdoors, running leadership development interventions for board level appointments, and latterly running mindfulness retreats in Derbyshire. For the past 10 years she has designed and facilitated open and company post-graduate Coaching Certificates and 'Coaching Mastery' diploma programmes for NHS, Corporate and Public Sector clients to become professionally trained coaches. Prior to her independent work through her company 'Your Balanced Mind' she has held a variety of consultancy and leadership posts in the Financial Services. She started out her career as District Training Officer in the NHS.

RECENT TESTIMONIALS:

"I have had the immense privilege of being coached by Jill. During our coaching relationship I have grown into a confident, authentic and impactful senior leader. Jill is an amazing coach and has enabled me to be a more effective corporate leader, staying true to my values whilst building my personal resilience and finding my authentic voice in times of conflict. I have been enabled to move on in my thinking, how I manage my feelings and how I see myself as a senior leader. Thanks to Jill I now have my own tool box of skills, knowledge and frameworks which has enabled me to be my best self at work and in my personal life. Jill is an inspirational, accomplished and excellent coach and her insightful coaching has made such a positive difference my performance, wellbeing and resilience. Thank you Jill." **Penny Spring, Director of Public Health**

"I find Jill to be an exceptional role model, a coach with genuine warmth and empathy who balances compassion with practical tools and encouragement. I have known Jill for many years and have experienced her work as a tutor on coach training and as a coach supervisor. Jill's coaching sessions are insightful and well informed by her wealth of knowledge and expertise in mindfulness, neuroscience and managing transitions and she appears effortlessly to be able to introduce relevant models and ideas at appropriate moments. I also really appreciate the follow up resources that she generously shares. Coaching with Jill always sparks clarity of thought and I come away from sessions with new perspectives and refreshed confidence in times of change. I whole heartedly recommend Jill as an Executive Coach, Mindfulness Teacher and Coach Supervisor." **Nicola Rowe, Assistant Director NHS North-West Leadership Academy**

"Jill has been my supervisor for several months in my career and executive coaching practice. She is extremely well qualified and knowledgeable about all things coaching including different theories and models. Her specialism is mindfulness. I find her to be hugely insightful and helpful to my ongoing learning. The sessions are well structured and organised and I always come away from them having gained enrichment into my own coaching practice and methods. Jill is wonderfully kind and generous and she always follows up the sessions with promised materials and additional information to support ongoing personal development and learning. She is encouraging and adds the feel good factor to the coaching supervision sessions we have had so far. I would not hesitate to recommend Jill as an excellent executive coach, mindfulness teacher and supervisor." **Diana Dawson, Working Career**