

Jo Manton

Jo is a Principal Consultant at ASK®. She works at senior management levels as a Business Coach and Workshop Leader and is experienced at facilitating culturally diverse groups. She designs and uses creative approaches to facilitate individuals and groups to work more thoughtfully and effectively to achieve higher levels of performance and to transfer learning. Jo specialises in helping clients to identify and tackle the real issues with which they are dealing in the workplace and beyond. Her approach is practical and her philosophy is based upon concepts drawn from somatics, ontology, and systems thinking. In particular she helps people to build their confidence and positive self-belief leading to new behaviours that underpin effective performance. In all her work Jo draws on a wealth of knowledge, expertise and experience to optimise the learning experience for clients ensuring that they achieve solutions that are both practical and inspirational, and that have a profound and lasting impact.



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Experience

Jo has over 15 years' experience working in the corporate environment; initially in talent and leadership development roles in the financial services sector and latterly as an organisational development consultant within the energy and manufacturing sector. She has led teams and managed projects on a virtual basis and personally coached and worked across Europe, where she is also able to utilise her working knowledge of German and experience in working in an international environment.

Jo holds a Postgraduate Certificate in Coaching Skills from i-coach academy and is a Somatic Coach Practitioner trained with the Strozzi Institute. Her coaching practice focuses on enabling clients to become more self-aware through learning about their values and beliefs, their emotional landscape, and by bringing their attention to the wisdom of the body. Her clients learn how to become more present, connected and resourceful in times of personal transition and organisational change.

Personal Style

Jo is thoughtful in her approach, offering her insights as and when appropriate. Her approach is based on partnering with clients on their learning journey and she believes in the principles of co-creation and mutual accountability within the coaching relationship. Jo views coaching as a 'facilitated conversation in which clients explore their context and learn more about how their way of being enables them to achieve their desired outcomes.'

Qualifications

- Masters in International Relations and Modern History from the University of St. Andrews
- Postgraduate Certificate in Coaching Skills, i-coach academy, EMCC accredited.
- Accredited to use MBTI® Step I and Step II, FIRO-B®, TMSDI, Hogan HDS and SDI
- Certified Leadership Challenge and LPI Facilitator
- NLP and Transactional Analysis Practitioner