



## BIOGRAPHY

### James Slater

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**James Slater** is Project Director for LifeWorks where he is responsible for New Service and Product Development but also provides consultancy, coaching and mediation services to client organisations. Before joining LifeWorks he worked in Mental Health Social Work, Couple and Family Therapy, Education, Training and Consultancy across the public, private and voluntary sectors.

He has extensive senior management experience at both an operational and strategic level. Over the past six years he has also worked as an Executive Coach in the Human Resources, Manufacturing and Financial Services Sectors. He has a particular interest in Wellbeing and mid and Late Life Transitions.