



## BIOGRAPHY

### Jane Brendgen

**Jane Brendgen** (B.Mus, HDE, Dip. Coaching, Dip. Stress Management, MISMA, MAC, Association of Coaching Accredited Coach) is **Joint Managing Partner** and part owner of **PressurePoint GB**. In partnership with Adrian Green, she believes they have developed a business formula that is creative, addresses important organisational developmental requirements and it is growing from strength to strength. They have been privileged to work with clients such as MediaCom, The Walt Disney Company, many of the NHS Trusts, The Arcadia Group, Channel Four, Channel 5, MSN and Pret a Manger.

Currently she is involved in the full range of offerings provided by PressurePoint including the development and delivery of personal development workshops, team, executive, performance and stress coaching.

The perspective underpinning her coaching approach is for individuals to achieve significant and sustainable change coaching needs to move into the realm of the psychological and personal. It is here that a curiosity about the “why” of behaviour operates. Through working collaboratively with a coachee, a theory or story as to what drives the coachee’s behaviour is constructed. This serves to enhance personal awareness and increase self-knowledge. She draws on theory and practices from a number of coaching and psychological models to develop strategies for change.

Jane has worked with people from all levels and across all topics – both diverse and broad including such areas as performance and personal effectiveness, self-esteem, confidence-building, anger management, communication and assertiveness, work-home interface, interpersonal conflict, relationship building, lifestyle management, thinking skills and others.

She firmly believes that to enable her own abilities to effectively coach that she also needs to work consistently on her development. She attends coaching supervision and continual professional development events to build on her competence and is currently studying towards a Masters Degree in Mindfulness-Based Approaches at Bangor University in Wales.

Jane was born in South Africa and immigrated to the United Kingdom in 1999. She studied music, psychology and education whilst at university and then worked in adult education for five years. She moved on into a marketing management role within a blue chip company in Johannesburg. This challenging position taught her about the business sector and provided her with important insights into the workings of the corporate world. After her arrival in the UK she decided to actively pursue her interest in facilitating the development of others. To this end she embarked on a course of further study. She has been working in both the public and private sector since and have found her true vocation.