

## Jonathan Forrest

### Trainer and Coach

An experienced coach, facilitator and business leader, Jonathan has worked with many of the world's leading organisations including ABN Amro, Barclays Capital, British Telecom, Goldman Sachs, HBOS, HSBC, ING Baring, the NHS, Oracle, RBS, Reed Elsevier, Schering Plough, Tesco, Royal Mail, and Siemens - to name but a few. His experience has not been limited to the UK. Jonathan's coaching career has seen him developing and facilitating events in different formats across Europe, the USA, Canada, Hong Kong, Singapore, South Africa, Korea and Japan.

#### Companies worked with

ABN Amro	Logica CMG
The BCS	Merrill Lynch
BT	NHS
Canada Life	Oracle
Coutts	Oracle
Dept of Transport	RBS
Goldman Sachs	Reed Elsevier
Hays Recruitment	Royal Mail
HBOS	Schering Plough
HSBC	Tesco
Invesco Perpetual	

For four years, Jonathan was a Vice President and Executive Director at Goldman Sachs - Human Capital Management (HCM) division. During his tenure he created and delivered numerous global change and learning initiatives. As part of the prestigious Goldman Sachs "Pine Street" top talent development team and working under the leadership of ex-GE leadership guru Steve Kerr (now a director at Harvard Business Press), Jonathan was involved in the design, development and delivery of the pioneering in-house leadership development programme of courses at Goldman Sachs. As a seasoned leader he was the most-requested coach-mentor within HCM.

Jonathan left Goldman Sachs in 2004 to work full-time as a leadership and personal development coach enabling him to enhance and develop his own skillset in coaching, facilitating and delivering keynote addresses and to work with different companies. As a result of this he has worked with many global companies on

- Executive coaching
- Leadership development
- Conference facilitation
- Conference speaking
- Motivational speaking
- Mindset change
- Presentation skills
- Influence skills
- Emotional intelligence
- Employee engagement
- Voice coaching

programmes and interventions ranging from 1-1 executive coaching and self-leadership programmes through to large scale senior level leadership events.

Prior to joining Goldman Sachs, Jonathan worked for a number of different companies including Sungard ePI (Global Director of Training and Education), Logica-CMG (Global head of Technical Training) and National Westminster Bank.

As well as extensive, international and blue-chip experience as a coach, Jonathan holds CIPD certification and is accredited by the Hay Group in their Emotional Competence Inventory (ECI). In addition to being an accredited coach in Zenger and Folkman's "Extraordinary Leader" 360 instrument, Jonathan has a very unique string to his bow...he trained as an opera singer and has performed in many prestigious venues across Europe, and brings a whole new dimension to the area of communication and presentation based on his years of voice training.

Jonathan is a Member of the Association for Coaching (MAC).

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- ✓ "The presenter made it...it's how it was presented!" - GSK attendee
  - ✓ "(Jonathan's course) was the most relevant and useful course I have ever been on" - Hays attendee
  - ✓ "Jonathan's 1-1 coaching enabled me to go out and get the job of my dreams" - ex NHS coachee
  - ✓ "The most insightful leadership course I have ever attended. Thought-provoking AND with tools and strategies that could be used immediately" - Leader from leading banking institution