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## Jessica Fox

### Executive Coach

Jessica transitioned to executive coaching after a career spanning two decades at Christie's, the international auction house, in a succession of increasingly senior leadership positions. She began as an art Specialist focused on business development, and then held several VP-level business roles encompassing team-building and management, operations, global relationship-building, strategic planning and financial management. During her tenure at Christie's, Jessica had P&L responsibility of over \$250M in sales, oversaw up to 8 business divisions and managed up to 35 members of staff. Jessica became attracted to coaching and professional development working 1:1 with team members to help them identify and achieve their individual goals, and relates well to emerging leaders and executives, particularly those in results-driven, high-pressure environments.

#### Region

United States

#### Area of expertise

Developing Leaders

Working Parents

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## Coaching Style

Jessica is an insightful and intuitive coach who is passionate about helping individuals unlock their potential and discover greater effectiveness and fulfilment. Personable, empathetic and pragmatic, Jessica uses her natural warmth to effectively partner with a broad range of clients to increase their self-awareness, leverage their strengths, and be a catalyst for change. Jessica creates a safe and confidential space for clients to explore their experiences, goals, motivations and assumptions, and to focus in on what's most important for them in their lives. Jessica works with clients to explore multiple perspectives to approach situations, decision-making and actions more thoughtfully and with greater clarity and overall value alignment.

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## Special Interests

- Leadership & Management Development
- High Potential and Next-Generation Leaders
- Executive Presence
- Parental Leave Transition
- Networking & Relationship Building
- Time & Energy Management
- Work-Life Balance
- Salary and Compensation Negotiations
- Strength Identification & Strengths-Based Coaching

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## Current Clients

Jessica has coached executives at organisations from Financial Services, Banking, Investment Banking, Technology Sector, Health & Fitness Industry, Universities, and numerous start-ups.

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1st flr. Peek House , 20 Eastcheap, London, EC3M 1EB · Tel: +44 (0)20 7795 6556 · Email: [info@executive-coaching.co.uk](mailto:info@executive-coaching.co.uk)