

Judith Cashmore-James Bio



Judith is a certified and experienced coach and consultant, specialising in leadership coaching and development. She is particularly skilled in helping people move forward, raising confidence, gaining self esteem and helping them to maximise their potential. She is known for her pragmatic and flexible approach and is passionate about working with people to lead authentically and inspirationally.

She has designed an online 360° degree feedback tool specifically for education leadership to underpin leadership coaching and development.

Here's what one recent senior management client said of working with Judith – *“Having coaching sessions with Judith was one of the best things I have done in years. From the sessions, I now know more about who I am and how I can get the best out of life. Judith has helped me with a number of things including my career, personal life, coping with bereavement and understanding what triggers certain emotions. I would strongly recommend everyone to have coaching with Judith. You don't know what you are missing in life until you've been to Judith's sessions!”*

She has designed and led coaching, mentoring, and leadership development programmes both in the UK and Qatar and is an experienced action learning facilitator.

Recent projects in the public sector include FE, HE, Local Government, NHS, Crown Prosecution Service working at senior and middle manager level using coaching, group coaching and action learning

Prior to becoming a coach/consultant, she gained over 20 years experience in senior management roles in the public sector (including FE & HE), leading and managing major change programmes and service delivery in complex political environments. . Having worked at Chief Executive level she understands at first hand the complex nature of senior management team relationships and the impact on organisations and individuals when people lead 'inauthentically' or without confidence.