
Jane Moffett



“Jane worked with me when I was making a decision about a change of direction in my career. She is a great listener, professional and knowledgeable, and helped me think through the options available to me.

I felt much clearer about what I wanted from my career, my priorities and she gave me the confidence and motivation I needed to take the next step. I wouldn't hesitate to recommend Jane.”

Jane Moffett is an executive coach, facilitator, researcher and writer who has 30 years of experience of working with people going through transitions, where the personal and professional intersect.

In 2016 she founded KANGAROO Coaching which partners with workplaces to support their new parent employees and in 2023 she co-founded Talking Matters for Business, a Winchester-based forum for business leaders seeking insights and new thinking regarding people, leadership and work. She is the lead coaching assessor for the coaching programmes at Henley Business School.

As a coach and facilitator, Jane draws on her highly-tuned listening skills and use of powerful questions to enable others to focus on what is important to them, helping them to see things from different perspectives and be more creative in their thinking.

Jane spent more than 20 years working for a charity as a practitioner and volunteer supporting and educating expectant and new parents. A trained musician, she is a performing and recording member of The Bach Choir.

Her recent book *What Next? The savvy woman's guide to redefining retirement* empowers the reader to design their own unique map for their future.

Ed Williams



“Ed is an extremely effective executive coach. He combines a clear and focused approach with a great deal of sensitivity, insight and warmth.

Working with Ed has been instrumental in my professional and personal development. He is perceptive, measured and thorough and without question, the work I did with Ed was transformational.”

Ed brings a wealth of experience and a warm personality to the team. He has been coaching senior leaders and teams for more than 20 years and has often supported clients through periods of significant transition. He creates a safe environment and rapidly builds trust through strong empathy and rapport.

Before becoming a coach, Ed held senior roles at Marks & Spencer where he was responsible for Leadership Development & Learning and latterly established the company’s approach to Corporate Responsibility.

As a young man, Ed lived and worked in Zambia as a teacher with Voluntary Service Overseas (VSO). As a senior executive he took on a range of non-executive appointments including Commissioner on the Barrow Cadbury Trust Commission on Young Adults and the Criminal Justice System, HR Advisor to the National Theatre and was Chair of Alone in London. In 2000, Ed was awarded an MBE for his work on the development and implementation of the charity Children’s Promise.

In addition to his work as a coach, Ed volunteers at The Listening Place, a charity which supports people with suicidal feelings.

Rachel Goodwin



“If you're looking for an executive coach who brings rigour, emotional intelligence, and a truly transformational presence, I cannot recommend Rachel highly enough.

Rachel helped me tap into my own insight and move forward with greater clarity, confidence and conviction.”

Rachel Goodwin is a highly skilled executive coach with over 15 years' experience working one to one with clients and running group programmes.

She has extensive experience of working with leaders across the business and not for profit sectors and her clients range from CEOs to Founders and high potential leaders. Her work often centres around transition points, helping clients to take stock and draw on their experience in order to embark on the next challenge that is aligned with their values and purpose.

Retreats have played a huge part in guiding Rachel's career and the increasing demand from clients exploring later career and life has drawn her towards creating specific support for this exciting and fulfilling stage of life. Rachel has navigated her own transition from an award-winning career in TV production to executive coaching.

Rachel brings warmth and empathy to her work enabling clients to access insight, courage and resilience to fulfil their potential.

Rachel is Chair of Opportunity Green, a sustainability charity and host of the Wordwise Coaching Podcast