

Dr Jeremy Mead – Biography

Jeremy is a highly successful coach who works with teams and individuals in organisations throughout the world. In 2004, he established Norfolk Light, a business dedicated to delivering excellence in business performance coaching. The core of his work is to help people clarify results they want to achieve (on a business, interpersonal and personal level) and then act to achieve them. In doing this, people establish new and sustainable behaviours which bring them an increased level of business success and personal fulfilment.

Jeremy has over 20 years experience as a senior manager in operational and strategic leadership of small and large businesses and has developed his coaching practice alongside this.

In summary, he now offers:

- world-class coaching with a record of success with both individuals and groups
- competence in many leading performance coaching models and techniques
- experience and competence in coaching and supervision of coaches
- high quality design and implementation of learning programmes built on coaching approaches.

For more information please go to www.norfolklight.com