

Jane Anderson Principal Trainer and Coach

Jane Anderson is an experienced ACC (Associate Certified Coach) with a background in executive coaching, training, career development and image consulting. With a Bachelor of Business (Marketing), a Diploma in Workplace and Executive Coaching and a Cert IV Training and Assessment she provides her clients with the opportunity to explore their career options, take the right steps toward their career goals and determine how to perform their best, achieving both career and life goals.

With over 6 years experience in people development and 12 years sales and marketing experience, Jane instills a confidence in her clients in being able to fulfill their potential. Jane has worked for some of Australia's best recognised organisations in human resources in both the public and private sectors. Jane was also an internal government trainer in Application Writing and Interview Skills. She also coaches her clients in areas such as resume writing, selection criteria and interview skills.

Jane is a great listener and her approach is very open and collaborative. She is pragmatic and resourceful and focuses on her clients in their challenge to find rewarding and satisfying careers. Her positive outlook and coaching style allows her clients to see possibilities where they may have been hidden!

Jane is a member of the ICF, ANZIC and AITD. She is also accredited in MBTI, DiSC and Change Management tools. Some of her clients include the Supercheap Auto Group, Veolia Water, QUT and RACQ.

“I CAN'T THANK YOU ENOUGH FOR HELP AND SUPPORT THROUGH THE COACHING PROGRAM AND FEEL THAT YOUR HELP HAS REALLY ALLOWED ME TO TAKE SOME BIG STEPS FORWARD.”

Chris, Manager at SCA Group

“THE ANSWERS I HAD UP MY SLEEVE, THANKS TO YOU, REALLY REALLY HELPED AND HOPEFULLY BLEW THEM AWAY. THANK YOU SO MUCH AGAIN.”

Ed, Brisbane

Coaching

Coaching is recognised as today's leading technique for performance improvement and development of talent across the entire business. Jane delivers coaching in the following areas:

- Management and Leadership Coaching
- Career Coaching
- Interview Coaching
- Goal Setting
- Work/Life Balance
- Personal Efficiency

Training programs and workshops

Inside Out Training and Coaching deliver a number of workshops, seminars and keynotes that your organisation may be interested in. You may be interested in a workshop for an hour, a day, a week or a year long program. We can also deliver our programs out of work hours if required. Some we have delivered are:

Team Building/Communication

Connect your team to be able work more effectively. Includes MBTI or DiSC profiling tool, understanding myself and others, relationship building, building rapport.

Management Development Programs

Allow your managers to become dynamic and adaptive. Includes MBTI or DiSC profiling tool, understanding myself and others, relationship building, delegation, time management, training and manager as coach, executive coaching available.

Leadership Development Programs

An awesome program supporting your managers to become the best leaders for their teams. Includes MBTI or DiSC profiling tool, understanding myself and others, relationship building, leader as coach, experiential learning exercises, 360 degree feedback tool, executive coaching available.

Manager as Coach

In this exciting and interactive workshop we provide the skills and tools which equip your leaders to effectively coach themselves and their teams. But more than that, participants will become coaches, with greater self awareness, the opportunity to become resourceful in the workplace, build rapport and to bring out their best and the best in those around them.



Crafting your Career

Gain an insight into what makes you tick, learn how to develop your natural strengths and talents, discover your preferred work style and ideal work environment, learn what motivates to perform your best, be inspired to take action and achieve your full potential.

Interview Skills

Wish you had 100% confidence walking into an interview that you're going to be able to nail the interview and get the job? This program will provide you with the skills to know exactly what the interviewer wants to hear and to give you some tools to answer any question that comes your way!

“JANE IS AN ABSOLUTE PLEASURE TO WORK WITH, SHE DEMONSTRATES HIGH LEVELS OF INTEGRITY AND IS AN EXPERT IN GENERAL MANAGEMENT. SHE HAS A REPUTATION FOR ALWAYS DELIVERING BUSINESS FOCUSED, COMMERCIAL RESULTS WHILST TAKING THE TIME TO BUILD LONG LASTING BUSINESS RELATIONSHIPS. JANE HAS WORKED WITH SUPER CHEAP AUTO GROUP ON A VARIETY OF PROJECTS; 1-1 EXECUTIVE BUSINESS COACHING, TEAM COACHING AND THE FACILITATION OF A NUMBER OF LEADERSHIP PROGRAMS WITHIN OUR BUSINESS. I LOOK FORWARD TO A CONTINUED PARTNERSHIP WITH JANE IN THE FUTURE.”

Kirsty Lynagh People Services Manager, Supercheap Auto Group
Year first hired: 2010 (hired more than once)
Top Qualities: Great Results, Personable, Expert

Creating a Coaching Culture

Coaching is recognised as today's leading technique for performance improvement and development of talent across the entire business. In this workshop we provide you with an understanding of what a coaching culture is, what the benefits are to organisations and individuals of operating in a coaching culture, how to create a coaching culture in your organisation, and then facilitate the creation of your change management & coaching culture implementation plan ready for you to action on return to your workplace. This is the essential workshop for making a difference in your workplace, where you will develop the coaching presence, skills and integrated change management to create a coaching culture in your organisation.

Delegation

A program designed to support your teams on how to delegate effectively, have the right conversations and train in tasks to delegate to others.

Establishing your personal brand and identity

Who are you? What do you really stand for? What are your deal breakers? What are your values? This program helps you to identify your identity, what sets you apart as a professional and how to use this to maximise your success! This session can also include training on developing your LinkedIn profile.

How to enjoy the Christmas party without killing your career

We all love the end of year celebrations after a big year but this can be the fastest way to killing your future career success! Learn what to do and what not to do to make sure you're not ruining a year of hard work!

“IT WAS GOOD TO BE BACK IN THE CLASSROOM AGAIN. WE FOCUSED ON “OUR VISION” BUILDING. JANE HAD US GO THROUGH WHAT WE BELIEVED TO BE OUR CURRENT AND FUTURE STATE OF PLAY OF THIS DC. THE TEAM HAD SOME DIFFERENT VIEWS AND WHEN THE VISION WAS OPEN FOR DISCUSSION, WE MANAGED TO SEE THE VISION THE SAME WAY. AS FOR THE FUTURE GOAL/VISION, I WAS VERY IMPRESSED TO SEE THAT THE TEAM HAD THE SAME “PASSION” TO ACHIEVE A HIGHER MARK THAN IT IS CURRENTLY AT. OVERALL, A GREAT SESSION! WE ARE LOOKING FORWARD TO THE NEXT ONE.”

SCA Group Manager

“THANK YOU SO MUCH FOR TODAY! YOU ARE SO HELPFUL. IF ONLY I SAW YOU SOONER I MIGHT'VE ACTUALLY HAVE A CAREER BY NOW. YOU WERE SPOT ON! EVERYTHING JUST SEEMS SO MUCH CLEARER. I FEEL A LOT MORE CONFIDENT ABOUT CHOOSING A CAREER PATH NOW WHEREAS BEFORE, I WAS SO CONFUSED. I'M GOING TO RECOMMEND YOU TO EVERYONE WHO IS IN THE SAME BOAT AS ME.”

Sera, Brisbane

