



Facilitator



Jennifer McDonald

IECL Senior Executive Coach & Facilitator

Jennifer is a senior leadership development practitioner, specialising in the Neuroscience of Leadership. She has a business background, having begun her career in the City of London, as a shipbroker and member of the Baltic and Mercantile Shipping Exchange.

She has held senior roles with the global organisation P&O Nedlloyd and her career has been internationally focussed, encompassing London, Australia, Hong Kong and New Zealand. Her last corporate role was as Global Change Manager for P&O Nedlloyd, based in London. She set up her own consultancy in 2007 in New Zealand where she works with government and private sector organisations.

Her work is primarily in the areas of:

- Development, design and delivery of long and short term leadership programmes.
- Development and delivery of neuroscience of leadership programmes and workshops.
- Using neuroscience principles to design and support organisational change.
- Leadership development consulting solutions for organisations.
- Senior executive coaching.
- Advising on change initiatives.

She qualified as a Shipbroker in the UK and holds a Graduate Diploma in Human Resource Management from Victoria University in New Zealand, as well as an MSc in Neuroscience of Leadership from Middlesex University, UK.

With the emergence of the information age people have been promoted based on their ability to think. As information quickly became a source of competitive advantage, this ability has become more and more valued.

Organisations such as Google are learning from the field of neuroscience and creating brain friendly workplaces and practices – giving people the means and space to think effectively, while at work.

The emerging field of the neuroscience of leadership looks at how leaders can work more effectively and help others to work more effectively, with their brains in mind.

How many times have we set goals and fully committed to the actions, only to find ourselves running out of enthusiasm and then finding reasons why the goal wasn't that important anyway, just a few weeks later?

Neuroscientists have given a lot of thought to this question and what learning about the brain can do to support goal setting and goal attainment.

What You'll Learn

- Why traditional goal setting methods are likely to fail
- The role of our neurology in goal setting
- Ways to support our own goal achievement
- Applying a growth mindset to goals



Contact Us

To learn more about the IECL

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