



Julia Matheson

Julia is a trainer and coach who believes in strengthening the corporate position by improving staff retention and loyalty. She works with individuals and organisations to create a more meaningful and fulfilling work experience in an increasingly demanding and flexible workplace.

Prior to her consultancy role, she helped to develop a successful training company which specialised in leadership development and business strategy. Her depth of experience includes managing a transatlantic best practice programme for the DTI and running her own business in the South Pacific.

She is a member of the Association for Coaching and her experience spans a wide range of organisations, including IBM, Bayer, Zurich Financial Services, Boeing, the Ritz Carlton Hotel Group, RIAS, the NHS and the DTI.

Julia works with **fresh** to provide executive and one-to-one coaching as well as training in developing a coaching culture within the firm.

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