



hello@northofneutral.com

## bio • janet larsen

Janet Larsen is a highly versatile executive coach who offers her clients the powerful blend of a sharp mind and a warm intuition. Having picked up 'street-smarts' from an early career in international fashion, Janet decided to pursue her keen interest in people and subsequently trained as a psychologist at Stanford, Oxford and Copenhagen universities.

In the early 1990s Janet transitioned to the corporate world where she served as strategic advisor and executive coach to global organisations in consumer goods, management consulting and financial services, including Boston Consulting Group (BCG), Liverpool Victoria (LV=) and Britvic. A truth seeker, she enjoys helping clients identify their strengths and how to apply these towards a rewarding professional life, especially in the context of defining career goals, managing transitions, and taking up new positions.

Her experience as a mediator offers clients novel ways to effectively manage conflict resolution and build strong interpersonal relationships. With a special interest in decision-making, she helps clients define what they want to achieve, explore reality, generate and evaluate options, make peace with risk, and overcome obstacles.

Janet's psychology training and executive career allow her to work instinctively with the whole person, quickly grasp the interpersonal and organisational context and help clients identify and implement changes that bring positive improvements to them and their teams. She has a knack for asking penetrating questions, taking people into territory not previously considered, and enjoys doing this with leaders keen to develop their capabilities, strengthen their ability to build a vision that motivates and inspires others.

Born of peripatetic Danish parents, Janet grew up in and has lived and worked in several different countries, often more than one at the same time. With London as her chosen base, her lens is truly global and clients have the choice to be coached in English, Danish, or Italian. Her personal motto is "the best never stop learning" and in her spare time you might find Janet reading a history book in her fishing shack in Denmark or following a science lecture at the Royal Institution of Great Britain, and she is never short of a tale to tell from her adventures in the Kashmiri Mountains, the Colombian jungles or the European catwalks of high fashion.

