



Jeremy Cox

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For the last 27 years, Jeremy has worked with business leaders throughout the world to help prepare them to excel in complex and challenging times. He works in four main areas; conference speaking, facilitating board/senior executive team development, coaching business leaders in the peculiar challenges such seniority brings, and designing and delivering leadership workshops.

This theme of leading high performance is ever present; whether through developing individual mental toughness; self belief, motivation, focus and the ability constructively use pressure, facilitating high performance teams or helping to create a community of leaders who can capitalise on the opportunities thrown up by a radically changing workplace.

Jeremy has worked extensively across a broad range of industries and at all levels in business from CEO/Main Board of FTSE 100/Blue Chip companies through to first line managers and individual contributors on the 'Shop Floor'. As a business coach, he has at least 3,500 hours experience over the past 27 years.

Prior to being a speaker, coach and facilitator, Jeremy's career was equally rich and varied. He began his career as a professional pianist, studying at the Royal College of Music in London, after which he briefly ran a jazz band.

Seeking a different kind of excitement and challenge, he was then commissioned into the British Army as an Officer in The Life Guards, also serving subsequently with Airborne Forces. During his time in the Army, Jeremy taught leadership at the Royal Military Academy, Sandhurst, winning the Queen's award for the best trained platoon.

On leaving, Jeremy became a Head Hunter for three years, recruiting Board/Partner level Executives, before choosing to develop leaders instead, spending three years with a specialist Leadership Development company.

In 2000, Jeremy set up Jeremy Cox & Associates as an independent Leadership Development Firm and has since worked with leaders in over 150 different Companies, at least 30 of these at board level.

Outside of work, as well as spending time with his family, Jeremy reads widely, runs around the countryside, and plays Jazz piano.



Recent Experience

Jeremy has worked with a large number of organisations across a wide range of sectors. Below is a selection of some of his clients and work:

Board/Senior Team Facilitation:

Coca Cola Enterprises – VP Europe and UK Main Board Team Development
The Coca Cola Company – Olympic Sponsorship Team Coach (2009-2012)
Currys/Dixons – Board Level Strategy workshops
Ford Retail – Board level Facilitation and Coaching
Madame Tussauds – Team Development programme
The Lavendon Group Plc – Board level facilitation
Disney – VP and Senior Manager team offsites
American Express - Team Development workshops
Punch Taverns – Regional Director Team Development Away Days
BAA Southampton Airport – Leadership Team Off Sites/Workshops
Bridon International – Global Board Team Development
Brakes – Executive Board team Development
Moto Hospitality – Executive Board team development
Diversey – Executive Board team development

Coaching Clients:

UBS Warburgs – Senior Executive 1:1 Coaching
Deloitte – Senior Partner Coaching
Safeway/Morrisons – Director Level Coaching, Team and leadership development
American Express – Senior Executive level coaching
Deutschebank – Managing Director level coaching
Pizza Express – Senior level coaching
The Coca Cola Company – UK MD level coaching
Bombardier – Board level feedback and diagnostics
+ many others

Speaking Engagements:

Royal Bank of Scotland – Annual Risk Conference
Southern Water – Generating High Performance Teams Programme
Schering Plough – Annual Sales Conference
The BBC – BBC Worldwide Leadership Team and Global Sales Conference
Bank of America Merrill Lynch – Senior Directors Conference
Saga – senior leaders conference
Brakes – customers conference
Coca Cola – Annual conference
PwC – European Partners conference

Leadership Development:

P & O Cruises - Leadership Development Programmes for Directors and Senior Managers
British Airways - Lead Facilitator on the BA Leadership Development Programme
Prudential - Leadership Programme and Coaching
Nokia – Conceptual Development and Training
Barclaycard – Senior Management Coaching Programme
Kodak – Leadership Programme for middle managers
BLP – Senior Partner Leadership workshops
Prêt a Manger – Leadership Development including cross industry secondments
McKinsey & Co – Engagement Manager Development programme
National Express – Coaching and Leadership programme
Roche – Co-partnered with London Business School Senior Leadership Programme
Threshers – Designed and delivered Leadership Programme
Linklaters – Coaching workshops
Yell Group – Senior Manager Personal Leadership Workshops
Shell - 12 years of Fully Integrated Team Development work