



Testimonials

“Engaging Jo as my coach has been a wise investment to my personal and professional growth. With her empathy and responsiveness, Jo equipped me with tools to accurately recognize and label emotions and helped me to break the cycle of self-doubt and negative thinking. She supported my journey to gain clarity on how I can intentionally configure my career in such a way that it is aligned with my values and mission. With her support through each stage of the application process (guiding me in updating my cover letter and CV as well as preparing me for an interview) I was able to get the job I wanted!”

Pam, GBV Technical Specialist

“Before receiving coaching from Jo, I was applying for several jobs and struggling to get to the short-list phase. I was unclear about my career path, had low self-esteem and my CV and Cover Letter were not effective. Working with Jo, I was able to identify my mission, core values and employers that met these values. I was also able to translate my experience and expertise effectively in Cover Letters and CVs.

As a result, I have applied for the right jobs, gotten interviews and received an offer for a job I really wanted! Working with Jo you get someone who is very straight forward, empathic and practical.”

Protection/Project Management Specialist

“You can't hide from Jo. She wants you to be honest to yourself, before being honest to her. I liked how we could have a good jolly laugh about some of the things that were being shared. It helped take the pressure off. I also liked how it really felt like a safe environment. Her coaching is a journey, so if you start - you need to be ready for it. At the end of it, you will feel like you are your number one fan. And that's all you really need.”

Vanessa



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“Jo uses an integrated coaching approach to help you get the results you want - from supporting one's researching needs and identifying realistic outcomes, to mental and practical interview preparation. She has a clear idea of what is important to focus on and what to leave behind, and has a core focus on ensuring you are supporting your own well-being and mental health throughout the coaching process. Jo helped me to focus, define what I want, and make an actionable plan to get it!”

Anonymous Area Manager

“JO’s technique made a huge difference in my job search. I went from freezing up in interviews, to confidently responding even to aggressive interview styles. The most aggressive interview I had, where I found myself calmly able to field questions that would have previously caused me to spiral into panic mode, turned out to be the job I got after 10 months of search, a dream job for me!”

Human Rights Researcher, New York City, U.S.A.

“Working with Jo helped me approach my job search from a place of authenticity and ownership, no fear or insecurity. Her coaching style isn’t to simply help you get from A to B, rather to guide you through a process of making choices that are right for you. It has been empowering to have gained that perspective. With Jo’s coaching, I’ve made consistent right choice for me that has resulted in getting the right job for me! I would recommend anyone searching for their path to work with Jo.”

Humanitarian Aid Worker, Ukraine

“Jo's questions are helping me through a process of gaining clarity about what I do and don't want-- to see the bigger picture. What I like best about her approach to coaching is the support to realize that I am empowered in the process of career change! I definitely recommend giving coaching a try-- I already referred two of my friends.”

Aid Worker, Ukraine



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“Jo was so incredibly helpful at a time when I was feeling quite lost about the field after graduating from my Masters. After over a year of applying for jobs, she helped by going through, step-by-step, the application process, as well as the realities of working in International Development. She explained so many things to me that, quite simply, you do not learn in the academic world about the field. Our session really gave me the confidence to continue applying, and I'm so happy to say that within only a few months I found "My Dream Job". Thank you, Jo!”

Megan- MSC, MA, (Vancouver, Canada) Project Officer

“Jo’s coaching helped me understand my own position as a new graduate and what I should focus on to start my career off strong even in the midst of a pandemic. I am grateful for Jo’s push to put myself out there. She encouraged me to step out of my comfort zone, meet new people, learn to network and build a strong base. Since Jo’s coaching, I have put myself out there, met exciting and inspiring people from a few select fields and started working for an organisation that is both meaningful and inspiring for people in the African Diaspora.

I would highly recommend that others coach with Jo. She is powerfully motivating, encouraged me to step out of my own bubble and challenge myself in ways that I had never once thought of and it has brought me success in my life.”

Robyn, The Netherlands



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“Working abroad, across cultures and across sectors can be stressful. Jo helped me create the space I needed to take a step back and reflect. She provided me with helpful prompts – helping me assess my various work relationships, asked tough questions around my motivations and boundaries and – most important of all – reminded me to be compassionate with myself. I may not have all the answers, but I’m doing the best I can and that – in itself – is an achievement!”

Victoire, Myanmar

“Jo has been a key source of support assisting me in how I pursue my professional and entrepreneurial projects. With her help I have clarified my vision so my goals are coherent and aligned with my values. She has accompanied me on my path as I identified what was right for me and what needed to be adjusted. She helped me develop my communication to convey my message clearly, but most importantly, to showcase the skills and experiences that make me unique. She became the voice I needed to hear when in doubt. She is an amazing coach! I highly recommend Jo to anyone.”

Osmary, Project Manager