

Helen Jameson

Associate Consultant

Helen brings a wealth of applied learning from her experiences as an elite performer in sport to her work with senior executives within a range of industries. She holds an MBA and is passionate about enabling individuals and top teams to create the mindset and environment necessary to enable high performance.



Career Outline

Helen set up her own consultancy, Helecon Ltd, in July 2007, to support her desire to pursue a wide range of opportunities in the consulting field. She also works as an Executive Tutor with London Business School.

Formerly she was a Global Account Director and Head of International Business Development at performance development consultancy, Lane4. There she was responsible for the delivery of bespoke solutions for her UK and global clients.

As a Management Consultant at Deloitte Consulting, Helen combined programme leadership and change management, to focus on the people aspect of organisational effectiveness. She also headed up the Graduate Talent Development Programme for first and second year Business Graduates.

Helen has worked with a diverse range of organisations, from City law firms and financial institutions to major pharmaceutical companies and local authorities.

A former elite athlete, Helen was a Silver medalist at the 1980 Olympic Games in Moscow, where she was a member of Great Britain's 4 x 100 Medley Relay Swimming Team. In 1998 she was also world champion and record holder in the World Masters 50m backstroke.

Work Assignments

Helen's work has included:

- Working with senior partners and company directors to create a compelling vision and strategic direction.
- Designing and delivering cultural transformation programmes.
- Designing and delivering leadership team development and personal change programmes: goal setting, mental toughness, self-belief, delivering results, handling difficult situations, coaching for performance, etc.
- Executive coaching and mentoring.
- Providing Assessment Centre feedback.
- Carrying out Programme Management disciplines.

Qualifications and Affiliations

Helen has a BA in Political Economics and French from the University of California, Berkeley; and an MBA from Imperial College, London (specialising in the Management of New Ventures). She is an Accredited Coach through Middlesex University and a member of the European Mentoring and Coaching Council. She also holds a certificate in Alternative Dispute Resolution, Mediation and is MBTI Step-1 accredited.