



## Mary-Jane Kingsland (Green Light Consultancy)

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Having worked as a litigation Lawyer for 24 years, M-J recognises that when we face the challenges and changes of the workplace, our professional and technical proficiency are sometimes not enough to ensure success – and indeed lasting happiness.

In 2004 M-J returned to university and holds an MA degree in Mentoring and Coaching. As well as an accredited Emotional Intelligence Practitioner, M-J adopts the philosophy of positive psychology in her work with clients and their organisations.

Green Light was founded in 2006 and continues, with the help of other specially chosen professionals, to offer specifically targeted programmes of mentoring, coaching and soft skills training – personally designed and thoughtfully delivered.

She is a full member of the Association for Coaching, a nominated Fellow of the Royal Society for the Arts, Manufacturing and Commerce, Chair of the Norwich Business Women's Network and an Ambassador for Enterprising Women and the Norfolk Network.

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